**Simple Version Top Tips to Get Young people to their Learning Disability Annual Health Care Check**

Show you **care** about them and their **hobbies or interests.**





Be kind and **listen** to young people. They will listen and talk to you more.



Tell them why the **annual health check** is good for them and what they can get from it.



Use easy ways to **explain** things, perhaps with pictures, symbols, or sounds.



Ask them **what they want** and need and use tools like the Health Action Plan or the Hospital Passport to help them say their views.

.



Consider if they need reasonable adjustments such as **wheelchair access** or quiet **waiting spaces.**





Let them choose when and **how long** they want the appointment to be. They can also visit before to see the place and the people.



Be respectful, empathetic, and patient. **Work together** with other people who can help them, like nurses, social workers, or friends.



Let them be experts on their lives and **talk to you** about their condition, strengths, and needs.



Include their parents/carers for or people they trust in the appointments if they want for **support**. Give them time to be seen alone if they want.



Be tolerant and patient.

They are teenagers and may act differently sometimes. Don’t judge them or ignore them, as this may prevent them from accessing services in t**he future.**