A hand holding a couple of people

Description automatically generated**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.**

A group of people doing different activities

Description automatically generated

A cartoon of a person's face and ear

Description automatically generated

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

A person wearing a headscarf and stethoscope

Description automatically generated

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

A person and person talking to each other

Description automatically generated

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

A cartoon of two people

Description automatically generated

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.

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A cartoon of a person in a wheelchair

Description automatically generated

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

A group of chairs in a room

Description automatically generated

A calendar with green circles and a question mark

Description automatically generated

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.

A group of people and a doctor

Description automatically generated with medium confidence

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

A cartoon of two people

Description automatically generated

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

A hand holding a couple of people

Description automatically generated

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.

A cartoon of a person's head and a road sign

Description automatically generated

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.**