



How to make my trip to the GP easier

My name is: _____

**I have a learning disability and/or autism.
Here are some things you can do to help me
feel more comfortable at the doctors.**

- Make reasonable adjustments for me (I have listed these on the overleaf).
- Make sure that I am getting my Learning Disability Annual Health Check.
- Make sure that useful additional information is included on my Summary Care Record.
- Speak to me using simple language and no jargon please.
- Work with my supporters, they know me well, but don't forget to include me too.
- Talk to me about my Health Action Plan so I know how to stay healthy.
- Make sure we all understand everything that has been discussed in my appointment so my supporter and I know what to do.

Things to check

- People with learning disabilities and autism are at risk of overmedication. Everyone on psychotropic drugs should have a six monthly multidisciplinary review.
- People with learning disabilities and autism are less likely to access cancer screenings.
- People with learning disabilities are at risk of long-term constipation.
- People with learning disabilities are entitled to an annual health check when they are on the Learning Disability Register.



These are some things you can think about to make my visit easier...

[please write down the reasonable adjustments the doctors can make for you. Think about things like needing extra time with the doctor, documents printed in large print or having someone come to see the doctor with you.]

