

# Annual Health Checks

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**Edward Eloidi**

University of South Wales

**Chloe Cannon**

**Jo Parsons**

Drive



# Annual Health Checks

## Fighting for equality in Health Care

**Chloe Cannon and Joanne Parsons - Drive Wales**



**Edward Oloidi - University of South Wales**

**University  
of South  
Wales**

# Overview

We will talk about Annual Health Checks

We will talk about what happened with Annual Health Checks during Covid

We will watch a video showing people's experiences of Annual Health Checks.

# WHAT IS AN ANNUAL HEALTH CHECK?



It is when a doctor checks that you are healthy.



They take place once a year and take about an hour to do.



All individuals with a learning disability over the age of 14 can have an Annual Health Check.

# WHAT HAPPENS AT AN ANNUAL HEALTH CHECK?



Talk to the doctor about how you are feeling.



Talking about any medication you may take or need.



The doctor will check your heart rate and take your blood pressure.

# WHAT HAPPENS AT AN ANNUAL HEALTH CHECK?



The doctor will weigh you.



You may be asked to give a water sample this is when the doctor tests your wee for anything that shows you have a health condition.

# WHY IT IS IMPORTANT FOR EVERYBODY TO HAVE AN ANNUAL HEALTH CHECK



A doctor or nurse may be able to spot any health problems early, so you can get the treatment you need more quickly.



A doctor or nurse can talk to you and give you advice on how to stay healthy.



# WHY WE ARE HERE TALKING ABOUT ANNUAL HEALTH CHECKS

We want to make sure people with a learning disability have the same health care as everybody else.



People with a learning disability often have worse health than people without a disability.  
So, it is important that health problems are found as soon as possible.



Not everyone with a learning disability has an Annual Health Check.



# WHY WE ARE TALKING ABOUT ANNUAL HEALTH CHECKS



Not all doctors offer Annual Health Checks.



Some people do not know they can have an Annual Health Check.

# ANNUAL HEALTH CHECKS: EXPERIENCE DURING COVID





- Adults with learning disabilities are eligible for an Annual Health Check with their GP to assess their general health and check for early signs of health conditions (e.g., diabetes)
- We asked if individuals had an Annual Health Check between 2021 and 2022
- We spoke with 99 people (2021) & 747 people (2022)
- 1 in 5 people are from Wales






# ANNUAL HEALTH CHECKS: EXPERIENCE DURING COVID

## What We Found

● Cohort	Year	Number of People		
● Cohort 1	2021	621	255	366
● Cohort 1	2022	477	210	267
● Cohort 2	2021	378	129	119
● Cohort 2	2022	270	249	151

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● In 2022, We Asked People	In-person	Online/phone	Rate your experience
● Cohort			
● Cohort 1	56	11	50
● Cohort 2	35	10	20



# ANNUAL HEALTH CHECKS: EXPERIENCE DURING COVID



## Conclusion

- In 2021, fewer people received health checks compared to 2022.
- COVID-19 continues to affect lives, even as some return to normalcy.
- Services haven't fully recovered to pre-COVID-19 levels.
- People with complex learning disabilities, high health needs, and family carers face significant challenges in their daily lives.
- Accessing healthcare remains especially challenging for people with learning disabilities and their caregivers.
- Overall, inequalities have been on the rise.

# Short Video - People supported by Drive told us of their experiences





# WHAT PEOPLE SUPPORTED BY DRIVE SAID.....



Everybody should have an Annual Health Check if they want one

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