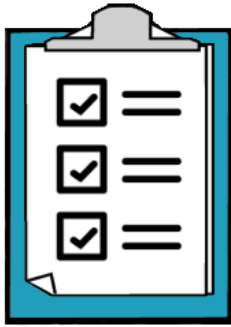


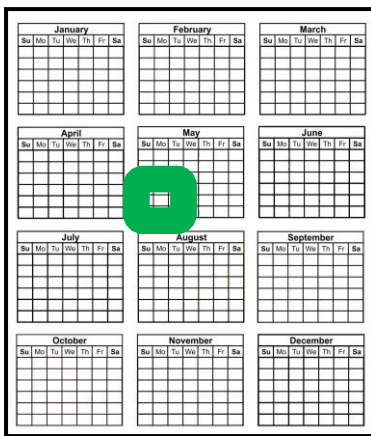


**See your doctor each year.
For a big health check.**



You can have a big health check.

It is for people with an intellectual disability.



It is 1 time each year. The doctor calls this your annual health assessment.



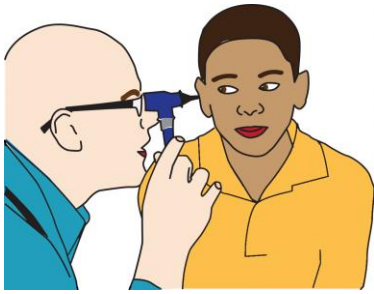
You see your doctor. A nurse may help too.



You tell your doctor about your health.

You have time to talk about every thing.

Your doctor checks **all** of your health.



Your doctor checks your body. Like

- your ears
- your eyes.



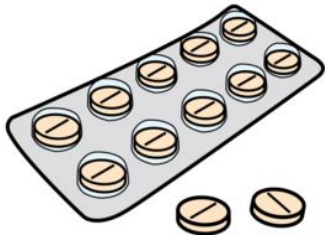
They check

- your weight
- how tall you are.



They may check

- your chest
- your heart.



Your doctor asks what pills you take.
They check the pills are right for you.



They ask what health people you see.
Like a physio. They help you move.



Your doctor may check how well you move.
Like is it easy to walk?



Your doctor asks about changes in your body.
It may be a new pain. Like your back hurts.



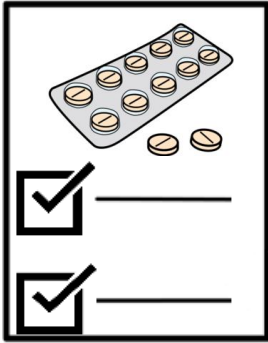
It may be about how you feel. Like

- you feel sad
- you worry a lot.



You talk about your health goals.

Like you want to get fit. You want to walk more.

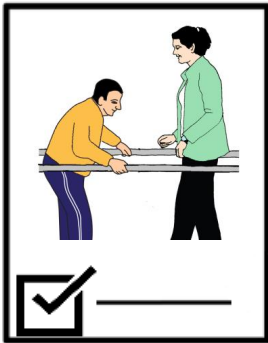


Your doctor helps you make a health plan.

Your plan may have

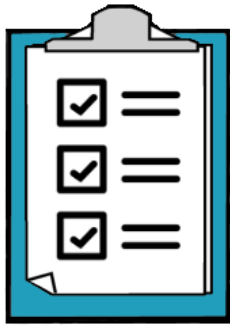
- things to help you **now**. Like you take pills

and



- other people who can help you.

Like you see a physio.



Plan your health check

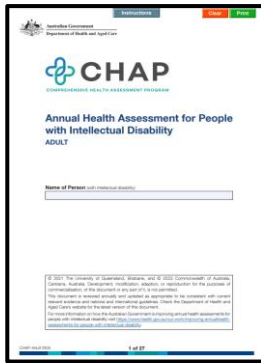


Think about your health.



Think about your health goals.

Like you want to get fit.



There is a health check form.

Your doctor may use it. We call it the CHAP.

There are 2 parts.



You fill in part 1.

Do this **before** you see your doctor.



You can ask a person to help you.

Ask a person you trust. They know you well. Like

- your family
- your friend.

Or



A different person may be able to help you.
Like a nurse. Ask your doctor who can help.



You take the form to your doctor.
Your doctor does part 2.

A form titled "CHAP" (Community Health Assessment Program) for "Annual Health Assessment for People with Intellectual Disability ADULT". At the top left is the logo for the Kentucky Department of Health and Human Services. Below the title is a line for "Name of Person with Intellectual Disability". At the bottom, there are three numbered sections: "1" with a horizontal line, "2" with a horizontal line, and "3" with a horizontal line.

You need to get the form.



You can find the form on a web site.

Type

www.health.gov.au/resources/publications/chap-adult-standard



Look for the words Download PDF.

Click here. A new window opens.

It is the CHAP form.



You can print the form.

Look for the word Print.

It is

- at the top
- on the right.



How to book your health check



Call **your** doctors office.

You may have a doctor you know well.

Book a time with **this** doctor.

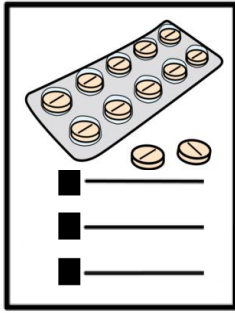


Tell the person on the phone

- you have an intellectual disability
- you want a big health check.

You must say the words

annual health assessment.



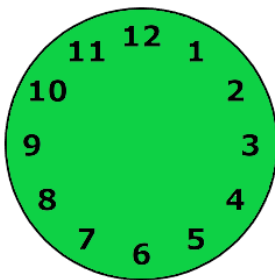
Ask what you need to bring. Like

- pills you take
- health reports.



You may need more time for your health check.

Think about how much time you may need.



You can ask for a long meeting. Like 1 hour.



You may have lots of things to check. Like

- your back problem
- your skin problem.



You may need more time to

- know what to do
- understand what your doctor says.



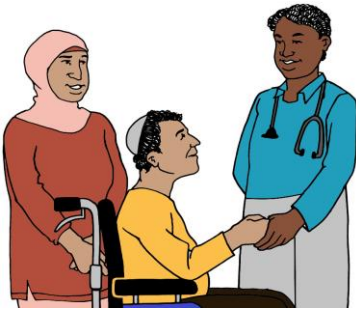
You may need more time to say what you want.

Like you

- use a board to talk
- use sign language.



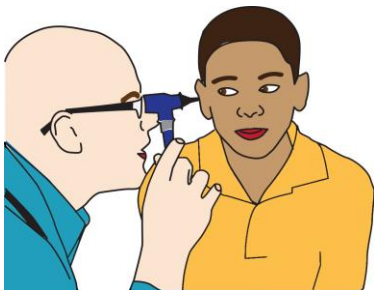
You see your doctor



You can take a person with you. It may be

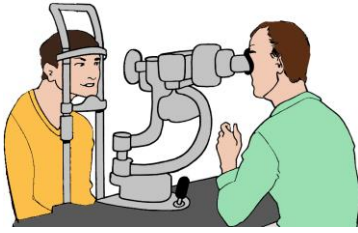
- a support worker
- family.

You choose who to take.



Your doctor does your health check.

They write your health plan.



You may need to get a test.

Your doctor writes a letter. It may be for an

- eye check
- blood test.



Check you understand the plan.

What do you need to do? Like

- get a test
- take your pills.



Ask your doctor when to come back.

Book in for your next visit.

Do this **before** you leave.



You may want help to do your plan.

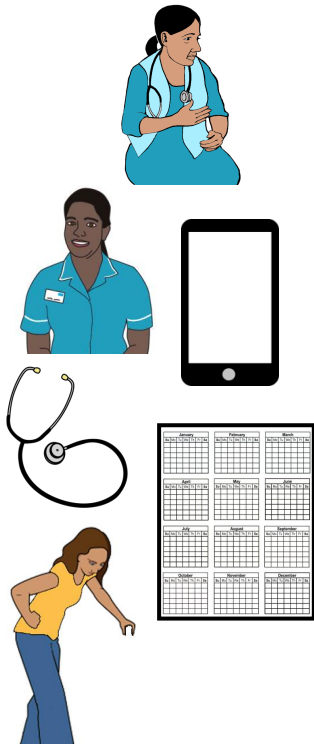
Talk to people you trust.



You want to know more. You can email

IntellectualDisability@cesphn.com.au

Images



We can use images from

- Change People
- Inspired Services
- Noun Project
- Picto Selector
- Printablee
- Tobii-Dynavox.



This fact sheet is based on information from
Central and Eastern Sydney
Primary Health Network.



Access
Easy English

Access Easy English wrote the Easy English.
October 2023.