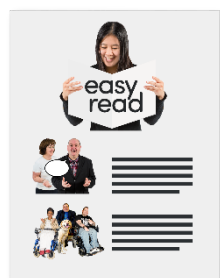




Leaflet 1: Extra help and support from your GP surgery



We have made 4 easy read leaflets about why it is important for people with a learning disability to know how to get extra help and support from their GP surgery.



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This is leaflet 1. You can see the other leaflets on our website.

[mencap.org.uk/GPsurgery](https://www.mencap.org.uk/GPsurgery)



This leaflet tells you why you might want some extra help and support from your GP surgery.

Thank you to Photosymbols for helping to make this easy read. 16.02.22

See our other leaflets about getting help from your GP surgery by visiting [mencap.org.uk/GPsurgery](https://www.mencap.org.uk/GPsurgery)



People with a learning disability can miss out when things are not accessible.



It is important to make sure that your GP surgery knows you have a learning disability so you can get the extra support you need.



You might need extra support from your GP surgery:



- to use health services (like making appointments at the GP surgery).



- to understand information.



- to plan how to live your life in a healthy way.



- to look after any long-term health conditions you have (like epilepsy, asthma or diabetes).



A good way to get the support you need from your GP surgery is to make sure you are on the **GP learning disability register**.



The **GP learning disability register** is a list of all the people with a learning disability that the GP surgery looks after.



For more information about the GP learning disability register, and how to get your name on it, see leaflet 2.



If you are aged 14 or over, your GP surgery should invite you for an **annual health check**.



An **annual health check** is a longer appointment for you to talk about your health and do some health checks.



For more information about annual health checks see leaflet 3.



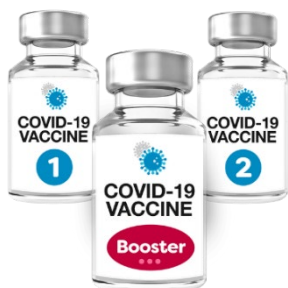
Leaflet 4 is about **reasonable adjustments** and how to ask for them.



Reasonable adjustments are helpful changes to the way the GP surgery works for people with a learning disability.



For example, you might need extra time in an appointment or information in easy read.



Vaccines

Vaccines can help to keep you and others safe and help stop you getting very unwell from illnesses.



People on the GP learning disability register can get a free flu vaccine and can get the coronavirus vaccine and booster before many other people.



You do not have to have a vaccine because you are on the GP learning disability register, but you get the choice.



For more information about vaccines, [see the vaccine page of the Mencap website](https://www.mencap.org.uk/vaccine).



For more information or help:



- Speak to your local learning disability team or learning disability nurse if you have one.



- Speak to an organisation in your community that you trust.



- Call the Learning Disability Helpline on 0808 808 1111.



- Or [click here](mailto:info@mencap.org.uk) to send us an email.