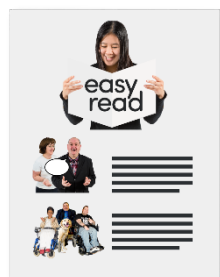




## Leaflet 2: The GP learning disability register



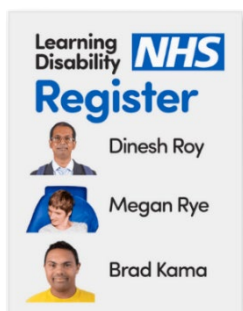
We have made 4 easy read leaflets about why it is important for people with a learning disability to know how to get extra help and support from their GP surgery.



2

This is leaflet 2. You can see the other leaflets on our website.

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



This leaflet tells you about the **GP learning disability register** and how to get your name on it.

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)



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



How to find out if you are on the GP learning disability register



If you are invited for an annual health check every year,



this means you are probably on the GP learning disability register.



The only way you will know for sure is to ask your GP surgery.



Contact your GP surgery and ask them if you are on the GP learning disability register.



Not all receptionists will know about the register and may not be able to check it.



You may need to make an appointment with your GP to talk about the GP learning disability register.



## Talking to the GP about the GP learning disability register



Ask the GP if you are on the GP learning disability register.



If you are not on the GP learning disability register, tell the GP that you would like to join it.



The GP will probably ask you some questions about your learning disability, and how it affects you.



## Talking about your learning disability



We think it is really important that you are able to use words that make you feel comfortable.



Some people prefer to say they have **learning difficulties**.



Other people like to say they have a **learning disability**.



It may be more helpful to say **learning disability** to the GP or GP receptionist at first.



This is because some people think learning difficulty means it is just hard to read, write or do maths.



If they think you **only** need support with reading, writing or doing maths they may not put you on the GP learning disability register.



It is important that the GP knows all the ways that your learning disability affects you.



You can talk to the GP about the words you prefer to use to talk about yourself.





Your GP will probably ask you some questions about your learning disability and how it affects you.



You could tell them about what kind of support you need in your day to day life.



You could tell them about anything that makes it harder for you to look after your health.



You could tell them about any **disability benefits** you get.



You could tell them if you have a **social worker**.



You could also tell them about any support you had at **school**.



You **do not** have to get support from social services to be on the GP learning disability register.



You **do not** have to take any tests to join the GP learning disability register.





You **do not** have to get any disability benefit payments to join the GP learning disability register.



When you tell your GP surgery about your learning disability, they should put you on the GP learning disability register.



Some GPs may be unsure about adding people to the GP learning disability register.



If your GP needs more information, there is [a guide for GPs from NHS England here](#).



**Making sure the GP surgery knows what support you need**



Being on the GP learning disability register means that the GP surgery know to offer you things like an **annual health check**.



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



For more information about annual health checks see leaflet 3.



Being on the learning disability register does not tell the GP surgery what support you need to use health services.



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



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 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.