



## **The Health Screening Clinic for Adults with Down's syndrome**



### **Information for Carers**

**Thank you for accompanying the individual you support to  
his/her health clinic appointment**

## **What is the purpose of the Health Screening Clinic?**

The Health Screening Clinic for Adults with Down's Syndrome offers the opportunity for individuals to meet with a range of professionals from the NHS Tayside Community Learning Disability Team to discuss aspects of their physical and mental wellbeing.

## **When will an adult be invited to attend the Health Screening Clinic?**

An individual will be invited to attend the clinic every year when he/she reaches the age of 35 years.

People under 35 years will be invited to attend the clinic every 3 years.

A clinic appointment will last for approximately 2 hours.

## **Why should an individual with Down's Syndrome attend the Health Screening Clinic?**

Individuals with Down's Syndrome are susceptible to developing health conditions later in life which can impact on their activities of daily living.

When detected at an early stage, the advice given can help to reduce the impact of conditions on the physical health and wellbeing of individuals.

## **What happens at the Clinic?**

At the clinic **Podiatry** and **Physiotherapy** are available to provide a brief check on an individual's feet and overall mobility to ensure that the person is able to engage in as active lifestyle as possible.

During a chat with the **Dietitian** the individual's height and weight will be checked and advice given regarding maintaining a healthy lifestyle through a balanced diet.

The health checks conducted by the **Nurses** include checks on the individual's hearing, vision and general health. Blood tests may also be taken, if necessary.

The **Clinical Psychologist** and **Speech and Language Therapist** will conduct a brief assessment of the individual. Carers may notice changes in an individual's behaviour, personality, memory and communication skills, however, are often not aware of the implications. The Clinical Psychologist and Speech and Language Therapist are available to discuss any concerns.

### **What is my role at the Health Screening Clinic?**

The presence of a familiar and reassuring person will help to make individuals attending the clinic less anxious about their appointment.

Your contributions to discussions are vital in order to allow professionals to gain an overall picture of how the person is managing in their everyday activities of daily living.

It is hoped that with your continuing help and support the individual will be able to follow through with any advice or recommendations given by any of the professionals during their appointment.

If you have any other questions about the clinic please do not hesitate to ask during the appointment.

### **Any further enquiries please contact:**

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