

Your Health, Your Rights: Navigating Annual Health Checks for Adults with Down's Syndrome in Scotland

Find your local Health Board and find out how to book your appointment

Why Annual Health Checks Matter:

Annual Health Checks (AHCs) are a vital tool in staying well. They allow health professionals to spot potential issues early, manage ongoing conditions, and ensure that adults with Down's syndrome receive the specific screenings they need. A consistent, yearly check-up can significantly improve long-term health outcomes and quality of life.

A National Priority:

The Scottish Government has launched a major initiative to ensure that every adult with a learning disability has access to a comprehensive Annual Health Check. We strongly encourage all parents and carers to take up this offer.

How to Use This Guide:

Each Health Board in Scotland has their own approach for managing Annual Health Checks. This guide has been created to map out the current provision of these across Scotland which you can use to find out what is happening in your area and who you should contact to book your appointment today.

Please Note:

This is a working document. The landscape of healthcare delivery is constantly evolving, and we will update this guide regularly as new information comes in from health boards or as local processes change.

For more information on Annual Health Checks: [click here to visit our website.](#)

NHS Board	Who delivers	How delivered / status / access	Contact
Argyll & Bute	Community Learning Disability Nurses: checks at home, day centres, or clinics	Families can request to be added to the list	nhsh.ldhealthchecks@nhs.uk 01436 655022 Lead: Annelise.Dickie@nhs.uk
Ayrshire & Arran	Learning Disability nursing teams and GP practices	Programme temporarily paused due to funding changes, many GP practices continuing checks independently, planning underway for 2026	01294 322473 (via Louise Paterson)

NHS Board	Who delivers	How delivered / status / access	Contact
Borders	Learning Disability Service (with new Annual Health Check Administrator coordinating clinics)	Annual Health Check system being set up for people 16+ with a learning disability. • Clinics delivered in day centres, health centres, and via home visits. • Posters in health centres and on NHS Borders webpages to support self-referral. • Multidisciplinary Teams colleagues encouraged to refer individuals who may benefit. • Aim is to offer health checks annually to all eligible individuals	Bor.ldhealthcheck@nhs.uk 01835 340610 Note: New Annual Health Check Administrator starts at the end of April 2026 to organise clinics and appointments. System still being developed but progressing.
Fife	Community Learning Disability nurses	We are waiting for confirmation from this health board about their delivery model	Fraser.Ross@nhs.scot louise.howie@nhs.scot 01383 565217

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Forth Valley	Nurse-led model through the Keep Well service; Learning Disability-trained nurses	Rolling programme across all 54 GP practices; patients invited by letter (GP branding); follow-up phone calls if needed	Via GP practice or fv.keepwellcentraladmission@nhs.scot
Grampian – Aberdeen City	Nursing staff at the Vaccination & Wellbeing Hub; checks also at Len Ironside Centre	Families can request a check directly	gram.cityldhealthchecks@nhs.scot ; 07050 0033649
Grampian – Aberdeenshire	Registered nursing staff across all Vaccination Centres	We are waiting for confirmation from this health board about their delivery model	gram.aberdeenshireprimarycare@nhs.scot
Grampian – Moray	Dedicated Learning Disability Health Check Nurse; checks delivered in GP practices	We are waiting for confirmation from this health board about their delivery model	gram.moraycommunitylearningdisabilityteam@nhs.scot 01343 563211

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Greater Glasgow & Clyde (GGC)	Dedicated Learning Disability Health Check Team (nurse-led); Nurse Lead + 5 nurses + healthcare practitioner; one staff member aligned to each Health and Social Care Partnership	Delivered at GP practice, prioritised by areas of highest deprivation, checks in clinics, centres, or at home. Expected every 3 years; families can contact team to check they are on the list.	ggc.ldhealthcheck@nhs.scot 0141 800 7818
Highland	Advanced Nurse Practitioner, Learning Disability Health Checks team, main contact: Lynn Mackay	Programme implemented in Aug 2024. Checks in community hospitals, day centres, care homes, supported accommodation, and home visits. Delivery adjusted for winter / weather; eligible individuals identified by Learning Disability nursing teams, GP practices, local sources	nhsh.ldhealthchecks@nhs.scot 01463 253680 - Lynn Mackay (ANP) Note: Reporting aligned with national requirements; ongoing rollout

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Lanarkshire	Specialist Learning Disability nursing team, annual offer, self-referral available	Strategic group improving Learning Disability register; parallel self-referral route already agreed	NALDR@lanarkshire.scot.nhs.uk 01698 752707
Lothian	Community Learning Disability Nurses, funded through Health and Social Care Partnerships, annual offer.	Programme expanding with new Learning Disability nurses appointed	Scott Taylor – 07976 582310
Orkney	Fully nurse-led service, previously piloted by GPs	Annual offer: pre-check questionnaire sent out, appointments at office, GP practice, or home. Full report sent to GP after.	ORK.LDANS@nhs.scot 01856 888280
Tayside	Learning Disability nurses in community health centres, day centres, at home. Some young people still seen by paediatrics.		tay.annualhealthchecks.enquiries@nhs.scot

NHS Board	Who delivers	How delivered / status / access	Contact
Western Isles	Nurse-led, tailored to individual needs, home visits available	Most people with Down's syndrome are enrolled in the programme.	01851 763335 07790 772647

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