

### **What is the Health Screening Clinic for Adults with Down 's syndrome?**

- People with Down's syndrome are known to be at risk of specific health needs associated with their condition. They are also susceptible to developing certain additional health conditions later in life which can impact on their activities of daily living.
- When detected at an early stage, the correct advice can reduce the impact of these conditions on the physical health and wellbeing of individuals. The clinic is also designed to look for changes that may occur in a person over time
- The health screening clinic for adults with Down's syndrome aims to identify any current health needs, provide support and advice to reduce the impact of health needs that are identified and where possible reduce the risk of future health needs occurring.
- Our key purpose in providing the clinic is to improve the health status and quality of life of adults with Down's syndrome through prevention and early detection of health issues.

### **What happens at the clinic?**

- The Health Screening Clinic offers the opportunity for individuals to meet with a range of professionals from the multi-disciplinary Community Learning Disability Team to discuss and assess their physical and mental wellbeing.
- During a single appointment the professionals from the team will take turns to meet with the person with Down's syndrome. They will look at a wide range of aspects of health and their activities of daily living. During the clinic the professionals may also give advice on improving health.
- Appointments typically take between 1.5 and 2 .5 hours.

### **What happens after the clinic?**

- Some of the professionals might feel the person needs a more in-depth assessment and will send out a follow up appointment to do this piece of work
- Some of the professionals might feel the person would benefit from seeing another member of the healthcare team, and will make a referral to that service
- After the clinic a summary report will be sent to the persons GP and a copy will be sent to the individual for information.

### **How often does a person need to attend the clinic?**

When a person is first referred to the clinics they will be invited to an initial 'baseline clinic'. This initial clinic appointment will provide a baseline measurement of the person's health and level of functioning.

After the baseline clinic the frequency of attendance depends on the person's age.

- Those under the age of 40 will be invited to a review clinic every 3 years
- Those over the age of 40 will be invited annually
- For those over 40 there will be an additional assessment carried out every 2 years which means these clinic will last a bit longer (2 – 2.5 hours approximately)

**What role do support staff / family play when supporting a person to attend the Down's syndrome Health Screening Clinic?**

- Most people who attend the clinic need to be supported by someone who knows them well. The presence of a familiar, reassuring person will reduce anxiety during the appointment.
- Your support when answering the questions asked by the professionals will ensure all important information is shared and assessments are accurate.
- Your opinion regarding how the individual manages in their activities of daily living, is vital to get a clear overall picture of current issues.
- You also have a vital role to play in helping the person to follow (or carry out) advice or recommendations given by any of the professionals during their appointment.

For further information about the clinics or to make a referral for someone with Down's syndrome please contact:

**Referral coordinator – Community Learning Disability Service**

**Lynebank Hospital**

**Halbeath Road**

**Dunfermline, KY11 4UW**

**Tel: 01383 565230**

**Email: [Fife-UHB.LDReferrals@nhs.net](mailto:Fife-UHB.LDReferrals@nhs.net)**



## Health Screening clinic for adults with Down's syndrome



Information Leaflet