

Online Supplementary Materials 1 (OS1).

Focus group/interview and survey topic schedule for people with learning disabilities and relatives

At the focus groups, we will talk about health checks. By health checks, we mean going to the doctors or GPs each year to talk about your health and to have some checks done. “It’s like a full MOT for the body, to check if you are healthy.”

We will ask the following questions in the focus group

Thank you for agreeing to take part in our focus group

What things make it difficult for people with learning disabilities to go to the GP?

What things make it easier for people with learning disabilities to go to the GP?

What training should people working at the GPs have? (E.g. receptionists)

What do people think of health checks? Are they important?

One thing that stops people getting the best health care is that others do not know they have a learning disability.

What if someone had a learning disability but the GP didn’t know about it?

We are thinking a questionnaire might be good to help with this

1. What do you think the good things would be about using a questionnaire to help the GP know if someone had a learning disability? (For example, finding out they had a learning disability, others understanding more about them)
2. What do you think are the main bad things? (For example feeling embarrassed/shocked to find out)

Suggestions...

Complete the following sentence... Health checks are ...

- Important
- Necessary
- A waste of time
- Good thing if you’re offered them

How have people found health checks/ what are people’s expectations and experiences of health checks?

Is there anything that you would like to improve about having your/ your relative’s health check?

Any other comments?

How can access to the GPs for people with severe/profound learning disabilities, be improved? (*Relatives*)

Can you think of any reasons why you/ your relative would not want a health check?

Online Supplementary Materials 2 (OS2).

Interview Schedule for GPs, nurse practitioners and sheltered housing managers

Part 1. Annual Health checks

- In your view, how are annual health checks for people with learning disability working at the moment? Do the health checks take place on an annual basis?
- What systems do you have in place that alerts you to an annual health check being due to be carried out?
- When someone new joins the surgery does their record automatically flag if they have a learning disability and need an annual health check?
- Do some people decline a health check? If so, why?

Part 2. Learning disability inclusion tool – *reported elsewhere*

Part 3 A. Barriers to people with learning disability accessing primary care

- In your view what are the main barriers to people with learning disability accessing primary care?
- What do you think are the main environmental barriers?
- What do you think are the main social barriers? (e.g. attitudinal issues, communication issues, phobias, prejudice)
- What things in your surgery or systems make it difficult for people with learning disability to get their annual health check?
- What improvements could be made within NHS systems to help people with learning disability have regular health checks?

2. What are the barriers to follow-up after primary care and implementation of a health plan?

Part 4. Reasonable adjustments

- What things in your surgery or systems work well for people with learning disabilities getting their annual health check, and what could be improved?

- What reasonable adjustments facilitate people with learning disability accessing primary care?

Part 5. COVID-19

- What mitigation is required to be in place in primary care settings for people with learning disability in the context of COVID-19?
- In respect of health checks for people with learning disabilities what have you learned from COVID-19?
- What changes would you incorporate going forwards?
- Is there someone within the surgery provision that could set up or audit people's capacities for phone and online appointments?
- How can people with learning disabilities be supported to accessing the GP more often during COVID-19?