

# CHAP Information Sheet

## Preparing for your Yearly Health Assessment

The Comprehensive Health Assessment Program (CHAP) is a Yearly Health Assessment. You can use these Information Sheets to learn about the CHAP and things for you to think about before, during and after your yearly health assessment appointment.

### Yearly Health Assessment (CHAP) – What is it?

The yearly health assessment is important for people with an intellectual disability.

### Videos about the CHAP

You can either scan the QR codes or click the links below to watch the CHAP videos:



**Video 1:** About the CHAP tool features Professor Nick Lennox, developer of the CHAP tool.

[Overarching information about the Comprehensive Health Assessment Program \(CHAP\) for people with intellectual disability](#)



**Video 2:** About the CHAP tool features Kimberley Thomas, Nurse Practice Advisor, GenU.

[How to complete Part 1 of the CHAP tool: Comprehensive Health Assessment Program for people with intellectual disability](#)



**Video 3:** Expert with lived experience Uli Cartwright talks about the CHAP.

[Expert with lived experience talks about the CHAP](#)



**Video 4:** General Practitioner (GP) talks about the CHAP.

[GP lens on the Comprehensive Health Assessment Program \(CHAP\)](#)

The CHAP is important because:

- You can tell the doctor if you have any physical health and mental issues.
- The doctor can do other health checks, like blood tests.

By having a CHAP each year, the doctor can notice any changes to your physical health or any mental health concerns as early as possible.

## Paperwork for the Yearly Health Assessment (CHAP)



Scan the QR code or click the link below to take you to the CHAP:

[Adult CHAP | Australian Government Department of Health and Aged Care](#)

This is the version for adults.

The CHAP has 2 parts.

- **Part 1** (pages 1-16) is completed **before** your appointment by you and your supporter. This makes sure your health information is ready to share with the nurse and doctor.
- **Part 2** (pages 17-27) is completed **during** your appointment by the nurse and doctor. This helps the nurse, doctor, you and your supporters to make a health action plan with tasks for you or other health professionals as recommended by your doctor.

## Tips for filling in the CHAP and health monitoring

You and the person that knows you the best (supporter) can work together to gather information to fill in the CHAP. It is important to include things like any medications you are taking, or any health monitoring charts like for epilepsy, diabetes or bowel.

You can also monitor your health using a signs and symptoms tracker, as well as medication charts and others etc.



## CHAP appointment cost and length – How long does it take?

The assessment is FREE for the patient (the doctor would use [MBS Item 707](#) which is for a long appointment to do a health assessment).

Your appointment will most likely take 45-60 minutes in the clinic. This may sometimes take a little bit more time or less time depending on your needs.

**Please note:** If you would find it hard to be in the clinic for this amount of time, talk to the clinic team and let them know what works best for you so they can get the information they need to support you and your overall health. For example, if you need multiple appointments.

**Remember:** The appointment is only for the CHAP health assessment, and not for other paperwork. This gives the nurse and doctor more time to do a full health assessment and to provide better health care.

## Tips for booking your Yearly Health Assessment (CHAP) appointment

- Booking your appointment early will ensure you have time to collect some important information so you can complete the Part 1 of the CHAP.
- When booking your appointment, make sure it is at the best time of the day for YOU and fits into your activities as the appointment will take a little while and this is without travel time to and from the appointment.
- Make sure that the person who comes with you to this appointment is the person who knows you best so they can support you to answer questions about your health.
- Tips to tell the receptionist:
  - The appointment is for an 'Yearly Health Assessment CHAP'
  - You will need a long appointment, and
  - You would like to:
    - See the practice nurse – and go through information with them first.
    - See the doctor (GP) – and do the health check.
    - Follow-up with the practice nurse – and they will work with you to make the **action plan** with next steps for your health care journey.
- Ask the receptionist for a copy of the CHAP tool if you haven't already accessed this online. You will need to have your email address ready to give to the receptionist. Once you have completed Part 1 of the CHAP tool it will go back to the clinic before the appointment by email.

## Things to bring to your appointment:

- Part 1 of the CHAP – that you have filled in.
- Part 2 of the CHAP – leave this blank, so the nurse and doctor can fill this in.
- Any letters or reports from other health professionals you are connected with, including any allied health supports that may be funded through NDIS – consider:
  - Podiatrist / dietitian / occupational therapist / speech pathologist / physiotherapist etc.

## After your appointment:

You and your supporter will do the things in your health action plan. Things in the action plan may be:

- having another appointment to talk more about something specific,
- seeing another health professional, such as the dentist for a dental check, or having a poo check or
- doing other health tasks.

It is important you follow-up on the action plan to keep you in good health for longer.