

	<p><b>Your Health Assessment:</b></p> <p><b>Information for young people</b></p>
	<p>Your health is very important.</p> <p>Did you know if you are a 'Looked After Child (LAC) or Young Person you can have a health assessment when you come into care?</p>
	<p>You will also be offered a health assessment every year until you leave care.</p>
	<p><b>What is a Health Assessment?</b></p> <p>A Health Assessment is like a check up with a nurse or doctor.</p> <p>It is not a test. It is simple and nothing to worry about.</p>
	<p>The Health Assessment will give you the chance to ask questions about your health.</p>



It will also make sure you are getting the right support, advice, and information for your physical, emotional, and mental health.

The Health Assessment team will help you to stay healthy.



## Where and when will my Health Assessment be?

Your first Health Assessment will be with a doctor.

It will be within one month of you coming into care.

It will be in a clinic.



After that you will be seen once a year for a Health Review with an LAC (Looked After Children) Nurse.



We will contact you and your carer to find out the best time and place for your Health Reviews.

For example, we could see you:

- at the clinic
- at home
- online, or
- somewhere else if you prefer



## Will I be seen on my own?

You can decide.

We can see you:

- on your own
- with your Social Worker
- with your Key Worker or
- with your Carer



## What happens at the Health Assessments and Reviews?

The doctor or nurse will ask you about your health.

They will ask how you are getting on.

They will offer to weigh you.

They will offer to measure you to see how you are growing.

The doctor might use a stethoscope to listen to your heart.

You can talk to the doctor or nurse about anything that is worrying you.

You will not need to get undressed.







## What sort of information and support can I get?

At the Health Assessment and Reviews you can get information and support about:

- Healthy eating
- Healthy weight
- Your emotional health
- Your mental health
- Drugs and alcohol
- How to stop smoking
- Relationships and sexual health






## Some of the things I might want to talk about could be personal or private. What about those things?

You can speak to the doctor or nurse in confidence.

This means they will only share what you say with your Social Worker or Carer if you say it is ok, or if they are worried about whether you or other people are safe.

	<p><b>What happens next?</b></p> <p>At the end of your Health Assessment or Review we will go through the things we have talked about to make sure we have heard what you wanted to say.</p> <p>We will talk about other services that can help you.</p> <p>For example, services that can support you with your mental or physical health issues.</p>
	<p>If we think there are other services that might be able to help we will contact them for you.</p> <p>This is called making a referral.</p>
	<p>We will write a report about your Health Assessment or Review.</p> <p>If you agree we will send a copy of the report to</p> <ul style="list-style-type: none"> <li>- Your Carer</li> <li>- Your Social Worker</li> <li>- Your Doctor and</li> <li>- Your Independent Reviewing Officer (IRO)</li> </ul> <p>Your IRO is involved in your review whenever your health is talked about.</p>

	<h3>What happens when I leave care?</h3> <p>You will have your last Health Assessment when you are 17 years old.</p> <p>This is an important assessment because we will give you a lot of useful information to help you in the future.</p> <p>The LAC (Looked After Children) nurse will explain the things you need to do when you become an adult at 18 years old.</p>
	<p>For example, he/she will explain:</p> <ul style="list-style-type: none"> <li>- How to see your doctor</li> <li>- How to register with a dentist</li> <li>- How to register with an optician</li> <li>- How to check that you have had all the injections you need to have</li> <li>- How to get help or support</li> <li>- He/she will also give you information leaflets</li> </ul>
	<h3>What happens when I am 18 years old?</h3> <p>Once you are 18 years old we will give you a Leaving Care Summary.</p>





The Leaving Care Summary is a document that explains about your health while you have been in care.

It is an important document and you should make sure you keep it in a safe place so that you can find it if you need it.



### **How can I make sure my voice has been heard?**

It is very important that you have your voice heard at your Health Assessments and Reviews, because it is **your** health that is being talked about.



If you need to speak to someone to help you with this, please contact us:

Norfolk Looked After Children and Young People Health Team,  
Fledglings,  
Norwich Community Hospital  
Bowthorpe Road  
Norwich  
NR2 3TU



Or call us on: 01603 508930



If you need help with any services provided by Norwich Community Health and Care you can also contact:

**Patient Advice and Liaison Service:**

**Telephone:** 0800 088 4449

**Email:** [pals@nchc.nhs.uk](mailto:pals@nchc.nhs.uk)

(Monday – Friday 9am to 5pm)



**This leaflet is also available in large print, audio, Braille, alternative format, or a different language.**

**Please contact: 0800 088 4449**

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