

A guide about your 11 to 18-years-old

Looked After Children's Service health assessment

What is a health assessment?

A health assessment is an opportunity to speak to a healthcare professional about things that may affect and influence your health, along with any worries you may have. The assessment takes place once a year on a weekday, between 9am and 5pm. It's usually in a clinic but we can offer another location if that is more suitable.



We will request information from your social worker, GP, and if appropriate, other health care providers.

We want to make sure all your health needs are being met and that you have a GP, dentist, optician and that your immunisations are up to date. If needed, we can refer and liaise with other health agencies to keep you fit and healthy.

It is your health assessment, and your wishes and feelings are very important to us. We will listen to you and offer support where needed.

Why do I need a health assessment?

The law requires that all children and young people who are looked after, have a health assessment. Most review health assessments are carried out by a trained nurse. Occasionally, if you have ongoing health concerns, a doctor may see you.

What happens at the health assessment?

Mostly the assessment is a relaxed chat between you and the nurse. Your parent, carer or social worker can be invited but there will always be the opportunity for you to discuss your health in a private with the nurse. Anything you say is confidential.

We will talk about:

- your general health – healthy eating, sleeping and exercise
- medical appointments you attend or health concerns you have
- immunisations, dental and optician appointments
- education, work and any future aspirations
- your emotional health and wellbeing
- factors that may affect and influence your health, such as drugs, smoking, alcohol, peer pressure, bullying and keeping safe online
- issues that can affect young people such as exploitation, gangs and anything you may have experienced personally
- sexual health, as appropriate to you
- relationships.

We will also offer to measure your height and weight.

You can add anything to your health assessment which you feel is right for you. We will complete a health action plan with you, to determine what help and support you may need.

What happens afterwards?

The health assessment is completed and copies will be sent to your social worker and GP. The health action plan that was developed with you will also be sent, and a copy will be sent to your parent, carer and you, to make sure your wishes, feelings and health needs are being met.

Useful contacts

Change 4 Life

www.nhs.uk/change4life

Childline

Phone 0800 1111 or visit www.childline.org.uk

NHS

Phone 111, visit www.111.nhs.uk or www.nhs.uk

Red Cross

www.redcross.org.uk

Samaritans

Phone 116 123, email jo@samaritans.org or visit www.samaritans.org

Sexual Health

www.kentcht.nhs.uk/sexual-health or <https://getit.org.uk>

Stonewall

Phone 020 7593 1850 or visit www.stonewall.org.uk

Young Addaction

Phone 01795 500881 or visit www.addaction.org.uk/services/young-addaction-kent

Young Minds

www.youngminds.org.uk

Contact us

Phone 0300 123 4461

Monday to Friday, 9am to 5pm

If you would like to feedback about your experience of our using our service, please visit www.kentcht.nhs.uk/feedback or speak to a member of staff.

Do you have feedback about our health services?

Phone: 0300 123 1807

8am to 5pm, Monday to Friday

Text: 07899 903499

Email: kentchft.PALS@nhs.net

Web: www.kentcht.nhs.uk/PALS

Patient Advice and Liaison Service (PALS)

Kent Community Health NHS Foundation Trust

Unit J, Concept Court

Shearway Business Park

Folkestone

Kent CT19 4RG

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