

# Your Health Assessment

For children and  
young people  
in care



Information for young  
people, parents and carers

# We are here to help you stay healthy

## Your Health Assessment

This leaflet explains what will happen when you come for your regular health assessment. It also tells you how to get health advice or treatment at other times, if and when you need it.



## What is a Health Assessment?

A health assessment is a regular check-up that all children and young people in care have. This usually happens once a year, twice a year for children under the age of 5 years. Review health assessments are usually carried out by a health visitor or school nurse.

## What happens at my health assessment?

At your very first health assessment you will be seen by a doctor. The doctor will ask you some questions about your health and any worries you may have. You can decide if you want someone else to come along to the appointment with you and choose whether to be examined or not, this is completely up to you.

## The doctor will check your:



Height



Weight



Hearing



Eyesight



Overall  
Wellbeing

After your initial health assessment you will usually see a school nurse for your annual health assessments and you can ask for them to visit you at home or school, or you can be seen at a health centre. The nurse will ask you about your health and how you are getting on at home, school or college. This is a really good opportunity for you to talk about anything relating to your health or wellbeing and get any advice or treatment you may need.

## Are my health assessments important?

**Yes!** Your health assessments are important even if you're feeling well. They are an opportunity to talk about any aspects of your health and wellbeing and make sure that you've got all the information and advice that you may need.

**“People should go to their assessments as they are interesting. You can give your opinion on your health, hear facts from other people and keep track of your health. They are ok!”** Young person in care aged 13

## Can I make an appointment at other times?

Yes you can ask to speak to your school nurse at anytime about any health concerns you may have, you don't need to wait until your health assessment to do this. For example you might want to talk to someone about issues such as sexual health, drug use or emotional problems, all of which your school nurse will be able to help with.

If necessary, we can refer you to be seen by another NHS service, such as a GP, hospital clinic or specialist service.

## Can I be seen on my own?

Your carer or social worker will normally come with you for an appointment. However, you can choose to see the nurse or doctor by yourself if you would prefer this. Your carer or social worker can be updated separately if needed.

## What if I really don't want to go to my health assessment?

Lots of young people feel nervous about health assessments and some young people don't want to attend. Even if you feel fit and healthy it will still be of benefit for you to have a health assessment. However, if you are seen to be of an age to be able to make an informed decision about this, you do have the right to refuse your health assessment or could just ask to meet with the nurse for a chat. If this is how you feel it is important that you speak to your carer or social worker about this.

### Who will know about my care and treatment?

Your medical records are confidential.

Only the health plan (part C) will be shared with you or your carer, your social worker and any other person you agree for us to send it to. Your GP receives a full copy of the Health Assessment.



To find out more about health assessments visit [www.showmethatimatter.com](http://www.showmethatimatter.com) and watch our short animation made by young people in care.