

1 Why do I need a health assessment?

We want to help you stay healthy. This leaflet explains what will happen when you come for your health assessment.

2 So what's a health assessment?

A health assessment is a meeting between you and a doctor or school health advisor to talk about your health, and to make sure you're all up to date on health issues.



3 Who's there?

Either a doctor or a school health advisor will be there. Usually your carer will come as well, but if you don't want that, just say so, and they will leave. You can have your carer there for part of the assessment, all of it, or none of it – it's up to you.

6 And then what?

At the end of the assessment the doctor or school health advisor will write a Personal Health Plan. This is a record of what you've talked about, and any things that need to be done afterwards. You should know what will be included in the plan. You will be given a copy of the plan.

The Plan will be read by you, your carer, and other health professionals and social workers who need it to support you. It will be part of your overall care plan and will be looked at with you during your review meetings, if you agree.

5 What else?

The health assessment is all about you and your health. We will support and encourage you to improve your health by talking about:

- Healthy eating, exercise and activities
- Substance/alcohol use and smoking
- Sexual Health and Relationships
- Personal Safety
- School things like friends, bullying, attendance, how's school for you
- Emotional health—how are you feeling, how is your placement

This includes topics that may have been done in school that you missed, such as internet safety, staying safe, or something else you want more information about.

4 So what happens?

The first time, the doctor will give you a check-up. When you are under 5 you have an assessment twice a year and after 5 you are offered a health assessment every year. At health assessments we will usually check your height and weight, make sure you've had all the injections you need.

If there are any concerns about your eyesight or hearing we can get this checked. We will ask if you have been to the dentist and check if there are any other health appointments you need. At your health assessment you can bring up anything you want that is to do with health that you are worried about, or just want to ask questions about.