

What will I be asked?

You will be asked about:

- Your health
- When you last saw a dentist and optician
- How you are getting on in school
- Your everyday life.

The nurse will also check your height and weight again.

What if I need to ask more questions?

You can ring and ask to speak to the Looked after Children Nurse on the following number:

Telephone: 01744 624958.

We are based at:

Alexandra Business Park
2nd Floor Court Building
Prescot Road
St Helens
WA10 3TP

Our Aim

Our aim is to work together with children, young people, parents, carers, social workers and other professionals to promote the health and wellbeing of Looked After Children.

We aim to support you to ensure that you stay safe and healthy.

What to expect at your health assessment

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

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Why do I need an assessment?

All looked after children and young people are required to have a health assessment.

This is so we can make sure that you are healthy.

The assessment will also help us to see if you need any extra help to stay well.

Where will it take place?

Your first health assessment will take place in a private room at a Health Centre.

Nobody else in the waiting room will know why you are there.

Who will carry out the assessment?

A doctor will carry out your first health assessment.

The doctor will explain the assessment to you and will ask you questions about your health.

Who else will be there?

Your carer will come with you to the assessment. Your parents and social worker may also be there.

Will it hurt?

There is nothing in the assessment that will hurt you.

What will the doctor check?

The doctor will check your height and weight and look at your eyes, ears and mouth.

The doctor will also listen to your chest and heart, and may feel your tummy.

What will we talk about?

You will be able to talk to us about any worries or concerns you may have.

We may talk to you about the following to help you stay safe and healthy:

- Dental care
- Feelings and emotions
- Eating and drinking
- Fitness and exercise
- Drugs, smoking and alcohol
- Sexual health
- General health problems
- Special educational needs or disability.

Can I speak to the doctor on my own?

You can ask to speak to the doctor on your own. However, the doctor may have to tell your social worker about what you have said to ensure you stay safe.

How long will it take?

The assessment will take approximately one hour to complete.

What happens after my assessment?

A copy of your health assessment and health plan will be sent to your social worker and doctor.

Your social worker will send a copy of the health plan to those involved in your care; this may include your foster carer and the Independent Reviewing Officer. This is to ensure that those involved in your care can help you to meet your health needs. You can also ask for a copy too.

Will I need to have another health assessment in the future?

All looked after children and young people need to have a review health assessment once a year or twice a year if they are under the age of five.

Who will carry out future assessments?

Future assessments will be carried out by a school nurse health visitor or looked after children's nurse.

You can ask to have the health assessment review completed at home, in school or at a clinic.