

Information about health assessments and Personal Health Plans for parents and carers of children in care. In this factsheet the term child refers to all children and young people in care under the age of 18.

What are health assessments?

Health assessments are a chance for you to:

- discuss any health issues your child may have
- get information on your child's health, any issues they have and any treatment they may be getting
- get information on keeping your child healthy and local services.

There are two types of health assessment.

- **Initial health assessment**
This is carried out by a doctor shortly after your child comes into care and highlights any immediate needs.
- **Review health assessments**
They are usually with a nurse and are not medicals. This is an opportunity to discuss any new health issues, monitor progress and make sure that your child's needs are being met. Review health assessments are held once every six months for children under five and once a year for children over five. They can be more often if needed.

Why does my child need a health assessment?

It is important that everyone involved with the care of your child is aware of anything that might affect their health, this includes:

- previous or ongoing health issues and illnesses
- any medicine they need
- any special needs they have
- health issues which may affect other members of the family
- any vaccinations, development checks, screening or dental checks your child needs.

Who attends the health assessment?

Young children often depend on those looking after them to stay, so parents or carers or both may want to attend. Older children often prefer to go on their own or choose one particular person to go with them.

Confidentiality must be respected, so who attends must be decided on an individual basis taking into account the wishes and rights of everyone involved. If you need to have a conversation with the Doctor prior to your appointment, please telephone the number printed on the invitation letter.

What is a Personal Health Plan?

After the health assessment a plan will be drawn up to record your child's health needs. The plan means that the people who look after your child know what they need to do to keep your child healthy. The plan will be updated at each health assessment to monitor their progress and will be part of your child's overall care plan.

What information is in the Personal Health Plan?

There is information about your child's background including:

- past or current health issues such as:
 - physical illness
 - developmental and learning difficulties
 - emotional and psychological conditions
 - vaccinations
 - family illnesses
- a plan of what actions need to be done, how they will be done, who will be responsible and timescales for each action.

Your child's views, your views and the views of the carers may also be recorded.

Who gets to see the Personal Health Plan?

This depends on the child or young person and their health needs and should be discussed with the young person, their social worker and the nurse or doctor who does the assessment.

- Health professionals will keep a copy of the plan in your child's health records with any notes taken during the assessment.
- Your child will have a copy if they want one.

- You, as the child's parents, and your child's carers will have a copy - unless this is not appropriate.
- Children and Young People's Services will have a copy.

For more information about health assessments and the Personal Health Plan speak to your child's social worker or contact a Children in Care Nurse:

To speak to a member of the Children in Care Nurse Team please telephone 01392 383000 and ask for children in care nurses when prompted. You will be transferred to the operator who will direct you to a children in care nurse.