

Sheffield Children's
NHS Foundation Trust



A Guide to Health Assessments for Young People in Care

Sheffield Children's Hospital at Centenary House Looked after and Adoptive Children's Health Team (LAACH Team)

Health Assessments

It is important for all young people to understand and be involved in their health care. Healthy young people are more likely to become healthy adults and live long and active lives!

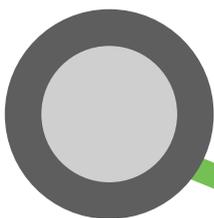
You will be offered a first or 'Initial Health Assessment' within a month of you moving into care. The initial health assessment usually involves seeing a doctor and a specialist nurse. During the health assessment you have the chance to talk about any aspect of your health with the doctor or nurse. This might mean talking about medication you are taking, how you are feeling, and lifestyle factors such as smoking or substance use, sexual health plus your sleep, diet and exercise patterns.

At this first assessment you will be offered a physical examination. This involves checking your height and weight and may involve listening to your heart and chest. We may also check your eyes, ears and teeth. This is why we send you an appointment and want to see you in a clinic, you may also be offered a home visit from the specialist nurse.

After the assessment we will write a health care plan.

What is a Health Care Plan?

The health care plan advises the people involved in your care how best to meet your health needs. For this reason a copy is sent to your carer, social work, GP and you may also have a copy. We will agree with you what information goes into your health care plan.



Who comes into the health assessment?

You can choose to have the appointment on your own or you may want to have someone with you. This may be your carer, social worker, family member or a friend. It is up to you!

How often do I need a health assessment?

Following your initial health assessment you will be offered further health assessments 'review health assessments' once a year during your time in care. Review health assessments will usually be undertaken by a nurse, they may take place in your school/college or in your home.

Confidentiality

You can tell us anything you like. We keep your health information private. We will only tell people the things you want them to know. BUT if you tell us something that means you or another person is not safe then we do have a duty to tell someone. We will always talk to you first before doing this.



How to Contact us

Floor 3
Centenary House
55 Albert Terrace Road
Sheffield
S6 3BR

Tel: 0114 2260891

Email: laachteam@sch.nhs.uk

Services that you may find useful:

Sheffield Futures

For help with employment, career guidance and personal development

Star House, 43 Division Street, Sheffield

Tel: 0114 201 2800

The Corner

Young peoples drug and alcohol service
The Corner, 91 Division Street, Sheffield

Tel: 0114 275 2051

www.cri.org.uk/corner_sheffield

Sexual Health Sheffield

The Royal Hallamshire Hospital
11A, B Road, Sheffield S10 2JF

Tel: 0114 226 8888 **Twitter:** @SHSheffield

www.sexualhealthsheffield.nhs.uk

PALS (Patient Advice & Liaison Team
at Sheffield Children's Hospital)

Tel: 0114 2717594

Advocacy Service for Children and
Young People in Care

Email: advocacy@sheffield.gcsx.gov.uk

Tel: 01142288558

Sheffield Children's 

NHS Foundation Trust

