

## The Health Plan

- By law every child in care in England must have a health plan, which forms part of the overall care plan.
- This document is based on health assessments - the first one must be carried out by a doctor, but future ones can be carried out by a nurse.
- After the first assessment, assessments are once a year (or twice a year if the child is under 5), or after a significant change in the young person's life.
- They are designed to enable you to live as healthy a life as possible, by pointing you to services that can help you.



### Your voice

- It is your right to have your voice heard in the health plan; your wishes and feelings about your health must be listened to.
- The health assessment should be young people friendly and you should feel comfortable with the process. For example, if you want to be seen by the doctor alone this must be respected, but if you want your carer to come in with you that is fine too.
- You will get a copy of your health plan.



### What to expect during a health assessment?

- The doctor or nurse will record your height and weight and ask you some questions.
- Things you may talk about:
  - Any known health issues and how these are being treated – these can be physical or emotional.
  - Your dental health.
  - Your lifestyle, diet and exercise.
  - Advice on contraception.
  - Your general wellbeing: how you feel about school, your home and your relationships with others - this is just as important as physical issues to your health.



- Your health plan will take the information from your health assessment and link you to any services that you need. For example, the plan will make sure that you are registered to a doctor's surgery and a dentist near to where you live, but may also register you with a service to help with things that are important to you, such as counsellor that will listen.
- The adults that look after or work with you all have a duty to ensure that your health plan is stuck to: your carer, social worker, school, doctor and IRO. Your health plan will also have the name of a medical professional, who has overall responsibility.

