

**For further information you can contact:**

County Durham & Darlington Looked After Children & Young People's Health Team

LAC Admin  
Room 75,  
Appleton House,  
Durham,  
DH1 5XZ

Tel: 0191 3728642

**Dates of appointments:**

**Notes:**

**County Durham & Darlington Looked After Children & Young Peoples Health Team**



**Initial and Review Health Assessments**

**Information for children & young people, parents, carers and professionals**

## Initial Health Assessments

When a child or young person comes into care it is a **legal requirement** that they have an Initial Health Assessment.

This health assessment needs to be undertaken within **20 working days** of a child or young person becoming looked after.

We aim to identify any gaps in routine health care, assess additional physical, developmental or emotional health needs and develop a health plan for the child or young person to address identified issues.

We do this by talking to the child or young person, but also by examining them. We won't take blood tests or do any injections. We also ask about family health in case it may affect the child or young person in the future.

We will share health plans with people involved in the care of the child or young person as appropriate. Progress of the health plan is monitored within the looked after children review meetings.

## Review Health Assessments

The legal requirements are that children under five will have a review health assessment every six months, for those over five it is yearly.

Reviews are undertaken by the Lead Health Professional; this is usually the health visitor, school nurse or Senior Nurse for Looked After Children. Occasionally, the review may be undertaken by a doctor.

## Health assessments

We support and encourage children and young people in care to improve physical health and promote emotional / mental health by adopting positive lifestyles in relation to:

- Healthy eating
- Exercise
- Leisure activities
- Substance / alcohol and tobacco use
- Sexual health and relationships
- Personal safety

## We can refer/signpost to:

- Dedicated workers for emotional wellbeing / mental health issues, including assessment
- Dedicated Drug & Alcohol worker
- Sexual Health Services
- A variety of other services to meet the individual needs of the child or young person.

## Carers

We refer to a carer as the person who looks after the child on a day to day basis; this could be family members, foster carers or residential workers.

They will contact those caring for the child or young person as required to offer support and advice on identified health issues.

## Consent and confidentiality

The team ensures that the appropriate consents are received from the person/s with parental responsibility prior to seeing the child / young person and sharing information.

Confidentiality is maintained in relation to health information which will be shared on a need to know basis.