

THE SOUTH OF NOTTINGHAMSHIRE AND NOTTINGHAM CITY HEALTH TEAM ARE BASED AT THE CHILDREN'S CENTRE, CITY HOSPITAL

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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقررة وذلك عند الطلب



**Nottinghamshire
Children in Care and
Adoption Health Team**

Information for Adopters and Foster Carers

WHO WE ARE A TEAM OF DOCTORS, NURSES AND ADMINISTRATION STAFF

Addressing and co-ordinating the health services
for children and young people in the care system

WHY A DEDICATED HEALTH TEAM?

Looked after children and young people share many of the same health risks and problems as their peers, but often to a greater degree. They often enter care with a worse level of health than their peers in part due to the impact of poverty, abuse and neglect.

- Department of Health (2009)
- Statutory Guidance on Promoting The Health and Wellbeing of Looked After Children, DCSF Publications, Nottingham

WHAT WE DO

- Undertake statutory health assessments
- Formulate a health care plan with recommendations
- Refer children to other health agencies if needed. Liaise with other health professionals
- Promote a healthy lifestyle for all children and young people as outlined by the Department of Health in Every Child Matters (DH, 2004)
- Offer an advisory service to health and social care professionals, foster carers and adopters, and young people
- We aim to offer to see young people in a venue that makes them feel most comfortable e.g. health centre, school or home
- Provide an adoption support service for families after a child has been placed with adopters
- Offer training and health promotion to young people, foster carers and adoptive parents on health related topics



THE HEALTH ASSESSMENT:

- The social worker is responsible for referring a child/young person for a health assessment. If you feel that a child/young person in your care is overdue their health assessment, then discuss this with their social worker
- The assessment occurs once a year for children and young people over 5 years of age, and every six months for children under 5 years of age
- It is undertaken by a Paediatrician (children's doctor) or nurse from the children in care or adoption health team
- It offers an opportunity for foster carers, adopters and young people to discuss any concerns regarding health, development, behaviour or lifestyle issues
- The appointment will take approximately 1 hour
- Following the health assessment, foster carers, adopters and young people should have access to the recommendations made by the doctor or nurse. This information will be shared by the social worker
- The health assessment involves:
 - A review of growth (remember to bring the red book)
 - A physical examination by the doctor if appropriate (e.g. listen to the heart, examine eyes and ears)
 - A review of development
 - A review of immunisations and dental health
 - Discussion of other aspects of health such as diet, sexual health, substance misuse, exercise, puberty and readiness for independence
 - Discussion regarding emotional health and behaviour, including support the child/young person is receiving or requires

