

## Care Leavers Health Summary

We aim to provide all 16 to 18 year old young people in care with a summary of their health since birth.

The Health Summary is a small booklet which contains your birth details , immunisation and health history (if available).

This is a unique summary and you can update it at any time with more information if you wish.

The information contained about you in this Health Summary is private and confidential and is only shared with you.

Please keep this booklet in a safe place as you may require the information in the future.

The Health Summary also contains useful information about how you can access health services and useful tips about staying healthy.

**Alcohol,  
smoking,  
drugs**

**Your  
diet**

**Puberty**

**DID YOU KNOW?**  
  
**You can talk to the LAC  
Nursing Team about any  
health issues**

**Exercise**

**Mental  
Health**

**Relationships**

**Keeping  
Safe**

**Sexual  
health**

**Your  
teeth**