

# keeping kids healthy and well

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*Gateway assessments:  
information for caregivers*

YOUR  
CARE  
MATTERS



Thank you for opening your home to a child or young person. You're helping turn young lives around.

Sometimes it's hard to know if the child in your care has any health or education needs, which is why we're here to help. With your love and support, and the right health and learning services, we can help our children be:

safe

from harm and well cared for

strong

as part of a loving family and whānau

thrive

by helping children be the best they can be.

Want to know more?  
Contact Child, Youth  
and Family at  
0508 CARERS (0508 227 377)  
[www.cyf.govt.nz](http://www.cyf.govt.nz)

## sorting it out

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We want every child and young person to thrive.

Sometimes when children come into care they've not had all the health treatment they need, and this can really affect how well they do at home, at school, and in life generally.

That's why we organise a full health assessment and education check for every child and young person coming into care. This helps us learn all about their medical history, any treatment they may have had, and what their health needs are. We also look at how they're doing at school.

Then we can make sure they get all the right help. That might be anything from a dental check up, hearing test, time with a counsellor, or extra support at school.



# how it all works

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## Seeking consent

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We ask for consent from your foster child's guardian before seeking information about their health and schooling, or taking them through a health check.

This is the first thing their social worker will do.

## Collecting information

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- ⋮ If the child in your care goes to school or pre-school, their social worker will ask their teacher about how they're doing with their learning. This will include questions about how they play and get along with others.
- ⋮ The social worker will ask the school for copies of any previous education assessments done for the child.
- ⋮ Their social worker will also talk with the health coordinator, usually a nurse at the hospital. The coordinator's job is to collect information that builds a picture of the child's health and treatment history. This is done by contacting their doctor, Plunket nurse, or health professional who's looked after them in the past.
- ⋮ Once they've collected all of the information, the coordinator will get in touch with you, your foster child's parents and their social worker to organise a health check.



YOU'RE THE PERSON WHO GIVES YOUR CARE EVERYDAY, SO WE'LL ASK YOU LOTS OF QUESTIONS AND KEEP YOU INVOLVED ALL THE WAY THROUGH.

## The health check

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A children's doctor or youth health specialist carries out the health check. They'll look for any health worries, checking things like hearing and eyesight. They'll ask about the child's diet and how they're feeling generally.

It's good for you to be there to support your child during the check, and answer questions the doctor might have about the best way to help.

## Getting the right help

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After the health assessment, the doctor will talk to you, your foster child, their parents, and the social worker about what they find, and what might help keep them healthy and well. This could be anything from seeing a speech or behaviour therapist, having medicine, or visiting the dentist.

### Real life

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“Henry had terrible behaviour. He was rough with the other kids and was always getting into trouble at school. His teacher said he's ‘in no emotional state to learn or play with others.’”

Henry's health and education assessment turned up a whole lot of information about his health needs, including problems with his hearing and behaviour. He got the help he should have had a long while back, and now he's making friends and doing real well at school.”

HENRY'S FOSTER MUM



# your role in the assessments

You'll have lots of information that can help the assessors work out the best way to help.

You're also a big support to the child in your care.

You can help your foster child by:

- ⋮ Talking to them about what they can expect at the check up. We will have talked to you about this already, but if you have any questions give us a call.
- ⋮ Being there with them throughout the process.
- ⋮ Telling your child's social worker or health assessor about any worries you have for your foster child's health or learning.
- ⋮ Sharing your ideas about the sorts of services that could help.
- ⋮ Letting us know any time things change for the child, or if there are problems accessing any of the services they need. We'll be there to help.

*"The health check helped us understand Jenna better. We knew Jenna was going to get the support she needed, and now we just watch her shine."*

FOSTER DAD





Printed in New Zealand on paper sourced from well-managed sustainable forests using mineral oil free, soy-based vegetable inks.



child, youth  
and family

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