



HOW ASHLEY GRABBED CONTROL

THE OFFICIAL GUIDE FOR YOU TO TAKE CONTROL OF YOUR HEALTH

KEY MESSAGES

As a looked after child, young person or care leaver, you should be registered with a Doctor in the area where you live

If you have moved address, you need to check with your Doctor to see if you can remain there or you need to register at a new one.

FIND A NEW DOCTOR

Put your post code into the NHS choices website:

<http://bit.ly/NHSDoctor>

Find the address and go to the new Doctors to pick up a registration form. Then make an appointment to see a Nurse to register.

REMEMBER

It's free to register at a Doctors!

Every person living in or entering the UK is given an NHS Number. You can find your number on your health assessment paperwork; or from your Carer, Looked After Children's Nurse/Doctor or your Social Worker. This number is needed to register at a new Doctors.

Do make sure that you attend your registration appointment.

Register as a permanent patient so your previous health records are transferred from your previous Doctor.

Ask to see the same Doctor each time you need to go. This means you don't have to keep sharing your story.

Make some notes of things you want to discuss and keep a list of your medication.

Don't be afraid to ask questions about things you find unclear.

GRAB CONTROL : GRAB RESPECT : GRAB YOUR DOCTOR

