

Does Navigate Your Health replace the need to visit a GP?

Navigate Your Health does not replace the important services provided by the GP. If the child or young person becomes unwell, injured, or if they have other medical issues, please contact the GP.

13 HEALTH (13 43 25 84) is a confidential phone service that provides health advice to Queenslanders. A registered nurse is available to talk to 24 hours a day, 7 days a week for the cost of a local call.

In an emergency, call 000 or go to the nearest hospital emergency department.



Navigate Your Health

Improving the health of children and young people in care

Information for parents and carers



What is Navigate Your Health?

When children and young people come into care, they can have complex physical, dental, social-emotional, developmental and mental health needs.

Navigate Your Health is a partnership with Children's Health Queensland to help children in care access health checks and referrals to services that meets their health needs.

A Nurse Navigator works with our Child Safety Officer, the child's parents, carers and healthcare professionals to assess and coordinate the child's access to the right health services in a timely way.

Who is eligible?

If we've been granted custody or guardianship through a child protection order by the Childrens Court, we can refer children and young people to Navigate Your Health.

At this stage, children and young people who are case managed by the following child safety service centres are eligible:

- Moreton region: Alderley, Chermside, Mt Gravatt, Cannon Hill, Inala, Forest Lake
- South East region: Logan Central, Loganlea
- North Queensland region: Cairns, Edmonton

How does it work?

Step 1

Our Child Safety Officer will talk to the parents and carers about the child's health history and make a referral to Navigate Your Health.

Step 2

The child or young person will be assigned a Nurse Navigator.

The Nurse Navigator may also talk to the parents and carers about the child's health history and decide the most appropriate health professional or services to make an assessment.

The health assessment is usually completed by a General Practitioner (GP), Aboriginal medical service, or a health professional that the child or young person already knows, unless a paediatrician or other health professional is required.

Step 3

When the health assessment is completed, the Nurse Navigator will develop a Health Management Plan outlining all of the child's health care needs. It will include recommendations for any ongoing treatment and additional referrals.

Step 4

The Nurse Navigator will help connect the child to the health services they need.

What is the role of parents and carers?

We recognise that it's better for the child or young person when health services, parents and carers work together.

As the parent, it's important to:

- discuss any worries you have about your child's and family's health history
- provide information to help the Nurse Navigator understand your child's health care needs
- attend your child's health assessment, where possible
- make decisions about certain types of medical examinations and treatments your child requires.

As the foster or kinship carer, it's important to:

- support the child's attendance at all appointments
- participate in the planning and coordination of the child's health care
- talk with our Child Safety Officer and Nurse Navigator if you are worried about the child's health and wellbeing
- place a copy of the Health Management Plan in the child's Health Passport
- encourage young people to visit their GP at least once a year for a health check
- encourage young people transitioning to adulthood to keep a copy of their plan in a safe place.