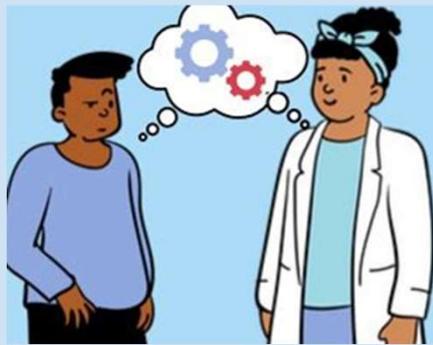




Admission to hospital can be a difficult time. If a young person has capacity to do so, include them in every step of the admission process using communication which is best suited to their needs.



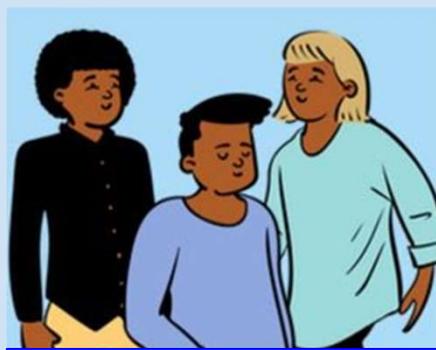
Care planning is a collaborative process, ask if the young person would like a copy of their care plan and if they agree with everything written. Don't always presume a young person will know what they want, so sometimes help by giving options and ideas of end goals.



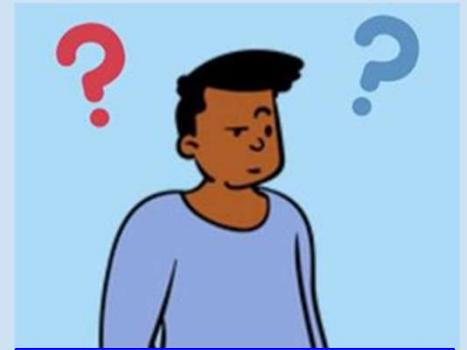
Empower young people take control over of their care by giving them a safe space for their voice to be heard, where professionals provide holistic care to help young people achieve their goals.



Difficult conversations can be a part of any professional relationship, but ensuring that everyone involved is working towards a common goal identified by the young person can help to achieve positive outcomes.



Including parents and carers can be a crucial part of a young persons recovery, but giving the young person the choice about what information is shared ensures that decisions made are always respectful and considerate.



Decision-making can be difficult and confusing for young people and preferences can differ from person to person. Offer personalised support for young people to achieve their goals, and acknowledge that first choices may not always end up suiting their needs but this does not mean that it was a 'bad decision'.



Assessments can be made easier for young people by asking simple questions around preferred name, pronouns, and gender identity. However, it's important to not pressure a young person to provide this information, but to create a safe space in case they wish to do so.



Transitioning between services can be a good opportunity for young people's voices to be heard, their preferences about this process must be considered as well as adapting or developing new goals and desired outcomes.



Discharge can often be positive time for young people, where they are given a chance to reflect on their experiences. Creating a clear discharge plan, which keeps the individuals' preferences and goals at the heart of decision-making, can aid discharge being a positive person-centred experience.