

### YOUR ENVIRONMENT

- Do you **feel safe**?
- Do you have access to a **private telephone**?
- Are you happy with your **sleeping and bathing arrangements**?
- Is there a **comfortable private room** where you can meet with family and friends?

### ON ADMISSION

- Did someone explain **why you were admitted**?
- Do you **feel listened to**?
- **Are staff friendly**?
- Do you know the name of your **primary nurse and have you met**?
- If the plan is for you to be admitted briefly before being moved to another ward or unit, have staff talked to you about **when this will happen**?



### INFORMATION

- Have staff given you **information about the ward and care you should receive**?
- Have staff **checked you understand the information**?
- Do you know **how to get independent help and advocacy**?
- Do you know about the Headspace Advocacy Toolkit ([www.headspacetoolkit.org](http://www.headspacetoolkit.org)) for young people?

## UNDER 18 - what should you expect during your stay on this ward?

**Know what to expect and ask for...**

### ACTIVITIES

- Is there a **choice of activities** to do during the day and week?
- Are you able to **go outside, go on day trips, or exercise**?

### PARTICIPATING IN YOUR CARE?

- Are you **involved in decisions about your care**?
- Have you **seen your care plan**?
- Have you been **consulted about who should attend your care plan meetings**?

### ON DISCHARGE

- Do you know the **name of the professional** who is organising your care for after discharge?
- Do you **know the names of the workers** involved in your care after discharge?
- Have you been given the **dates and times of appointments** planned for your care after discharge?



### Your views...

If you are under 18, and would like to tell us about your experiences on this ward you can complete a **confidential on-line questionnaire** on [www.rcpsych.ac.uk/aims-sc4y](http://www.rcpsych.ac.uk/aims-sc4y)