

Transforming Care Navigators for Young People in Norfolk & Waveney



A Navigator is for young people who:

- have a learning disability, autism, or both

AND

- are aged 25 or under

The young person must also be:

- in hospital, or at risk of being admitted to hospital

OR

- living in a community placement, but feels unsettled or unsafe

OR

- at risk of having to live somewhere else, with different people

OR

- attends A&E a lot due to a mental health difficulty

A Navigator will take the time to visit you and get to know you better to understand what you might need support with.





A Navigator will talk with you so that they understand what's important to you.

A Navigator will help you to plan your goals and wishes for the future.

A Navigator will make sure you are listened to and involved in decisions about your care and treatment.

A Navigator will not replace anyone who supports you now.

Your family can be involved if you would like them to be.

If someone who supports you thinks a Navigator could help you, they will talk to you about this.

If you decide that you would like a Navigator, you will be told who your Navigator is before you meet them.

We will ask you what you think about your Navigator and how well they are supporting you.

This will help us to understand if they can help other families and to help stop young people with a learning disability and/or autism from going into hospital.

