


PERSONAL PLAN

My Name is:



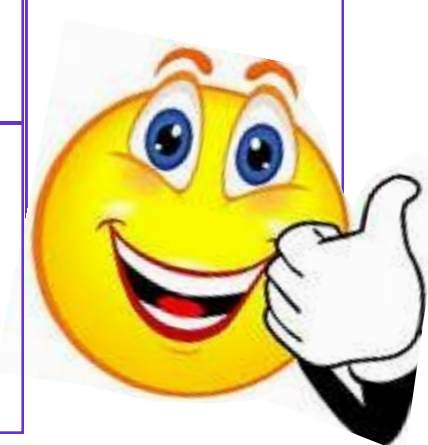
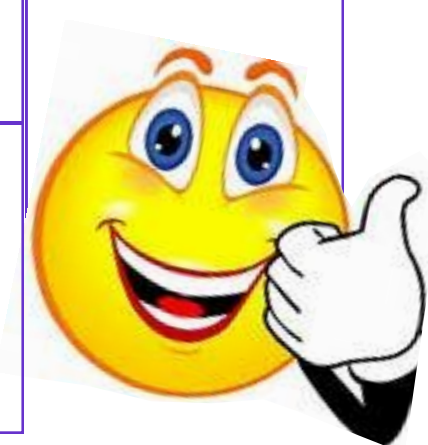
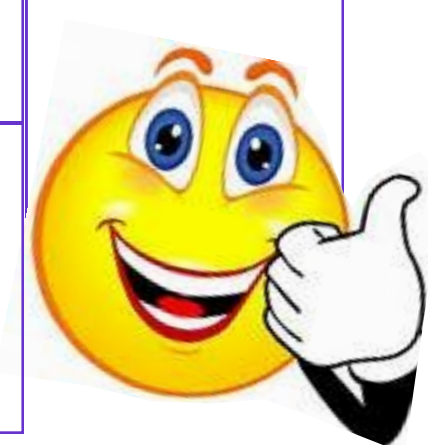
My Date of Birth:	Service Commenced on:
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My Key Worker is:

<p>My Health needs: (Please list any allergies, ailments, additional support needs)</p> <p>My Medication:</p> <p>This is/needs stored: Please complete administration of medication form.</p>	
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I need help with toileting YES/NO	I am in nappies/pull ups YES/NO
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My Well-being Details

SAFE, ACTIVE		
To help me physically I need		
NURTURED, ACHIEVING & INCLUDED		
To help me emotionally I need		
SAFE, NURTURED & INCLUDED		
These make me feel anxious		
RESPECTED & RESPONSIBLE		
To make me calm and relaxed you can		
ACHIEVING, NURTURED & INCLUDED		
Is there any other way we can support your development?		

Parent/Carer Comments:

To help me you will need:



Staff will need training in:-

Other agencies that help me are:

SCHOOL/NURSERY EDUCATIONAL PSYCHOLOGY SOCIAL WORK
HEALTH SPEECH & LANGUAGE OTHER _____

In the interests of continuity of care, if necessary, do you consent to us contacting this professional?

YES/NO

Parent/Carer Signature

Date:

My comments

Parents'/carers' comments

Key Workers' comments

Parent/Carer Signature:

Date:

Child/Young Person Signature

Date:

Key Worker Signature:

Date:

Review
Date:

Key Worker Responsible:

Progress from last plan:

SAFE

- I make good choices about taking risks
- I have a well developed sense of self esteem and self confidence
- I feel safe when out with friends
- I show concerns for others
- I am well rested

HEALTHY

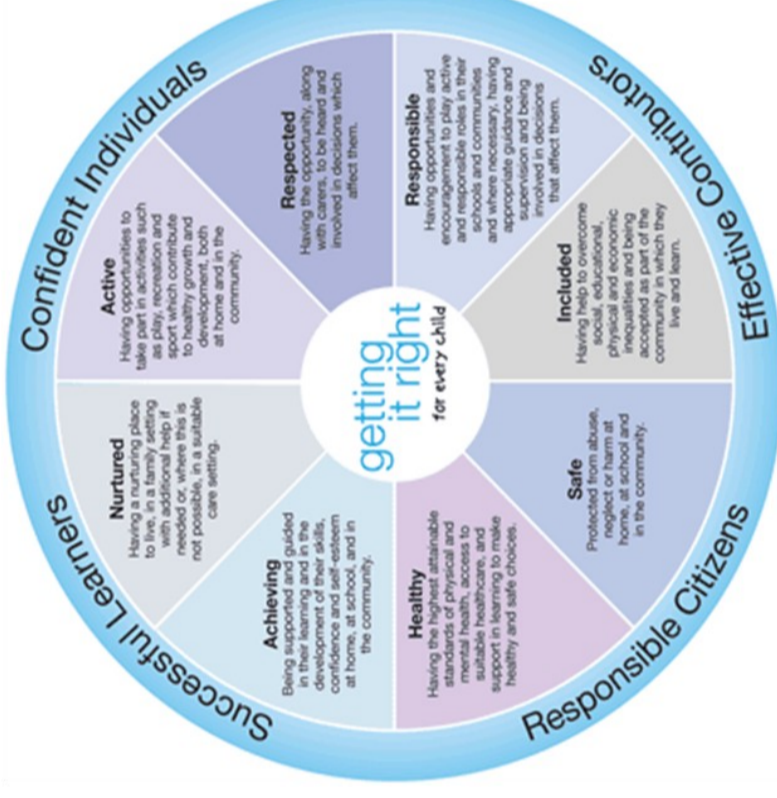
- I am generally healthy
- My health care needs met (e.g. glasses, hair, medication, hygiene)
- I can express feelings appropriately
- I am confident in familiar and new situations
- I am able to cope when things go wrong
- I am willing to try a variety of new experiences (e.g. food / exercise)
- I am energetic and alert

ACTIVE

- I participate in 1/2 hour of energetic physical activity daily, indoors and outdoors
- I can freely choose to be involved in physical activity
- I am able to concentrate for long periods of time
- I dress appropriately for active play and learning indoors and outdoors
- I am actively involved within the family and community
- I receive appropriate support and I am encouraged within my chosen

INCLUDED

- I have a well developed sense of identity and belonging
- I am mostly content and happy
- I am resilient and can cope with changes
- I can work and play appropriately with other children in a variety of situations
- I am involved in the community
- I receive additional support when required



RESPONSIBLE

- I know the difference between right and wrong
- I listen to others and I am caring and helpful
- I can follow rules and routines and instructions in nursery / school and at home
- I am well-behaved
- I am able to manage my behaviour / actions
- I have respect for the environment and others' possessions
- I am willing to take on roles of responsibility
- I can dress myself and follow personal hygiene routines

RESPECTED

- I am happy and confident
- I easily makes friends
- I show consideration and respect for others and their property
- I am willing to participate
- I am able to make decisions and reflect on choices
- I accept responsibility for my actions and choices

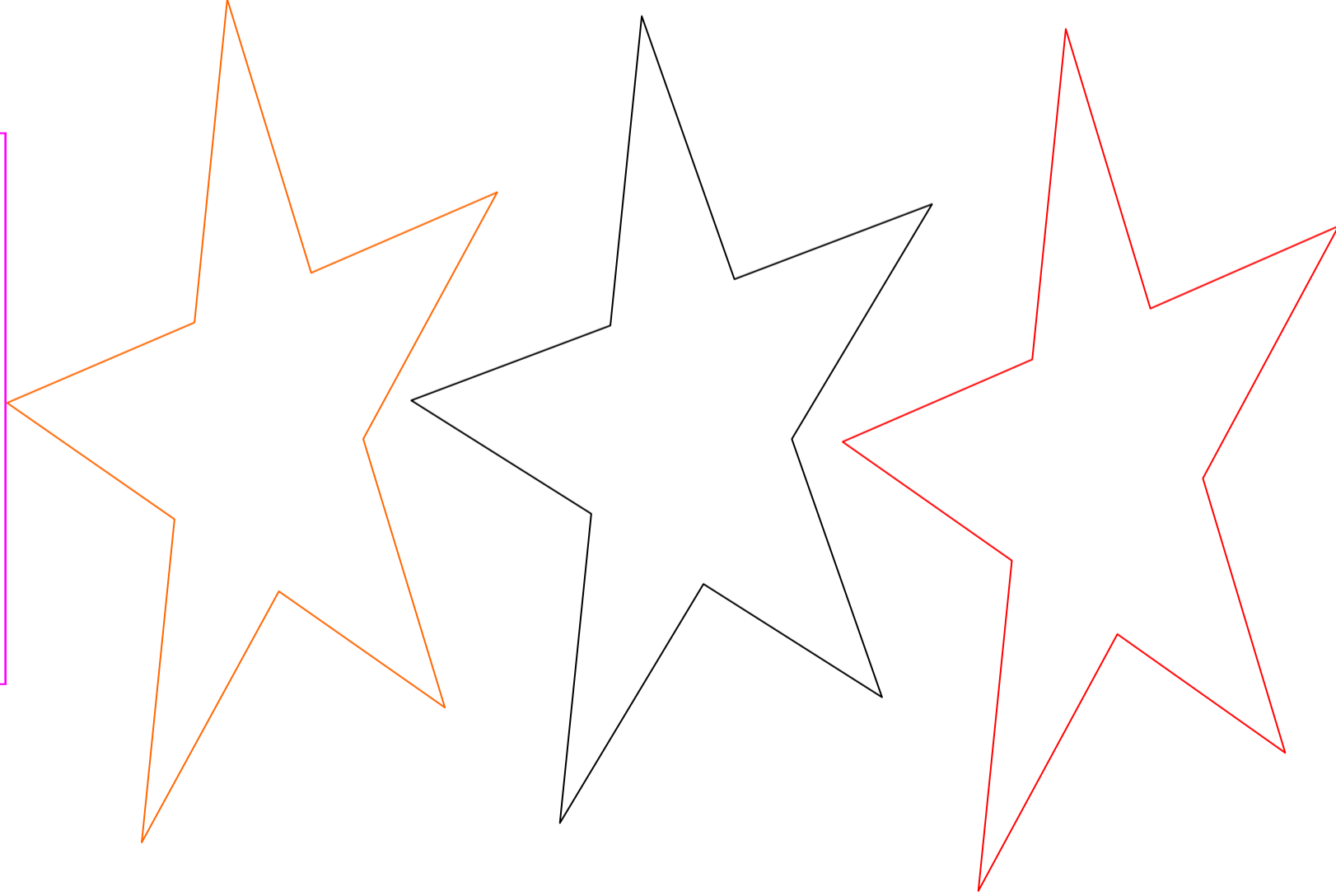
NURTURED

- I respond positively to praise, encouragement, warmth and affection
- I am confident to seek help / advice
- I show concern and care for others
- I am inquisitive and keen to learn
- I can speak openly and honestly about my life at home / family
- I have a strong attachment with primary carer

ACHIEVING

- I am motivated and keen to learn
- I concentrate well
- I ask questions about what they I am learning
- I am confident in my own talents and abilities
- I am meeting their appropriate age and stage developmental milestones
- I engage well in play activities
- I concentrate well

I am good at



All About Me

My family

My friends

My likes

My dislikes

I'm scared of

My favourite activities are

I want to be good at

