



# 's Plan

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## Education, Health and Care Plan

(Having your picture on the front of your plan is optional.

You could also choose a picture of something that interests you).

This plan has been put together to help me to progress towards the things that are important to me now and for my long term future.

The information in this plan is confidential but I am happy for all or parts of the plan to be shared with the people that need to know the information to help me.

Date Plan Starts

## SECTION A – Profile

<b>Me</b>		
First name		
Surname		
Address		
Date of birth		
Gender		
Telephone	<i>home</i>	
	<i>mobile</i>	
E mail address		
Ethnicity		
Home language		
<b>My parent / carer etc.</b>		
First name		
Surname		
Address <i>(if different from above)</i>		
Telephone	<i>home</i>	
	<i>mobile</i>	
E mail address		
<b>My parent / carer etc.</b>		
First name		
Surname		
Address <i>(if different from above)</i>		
Telephone	<i>home</i>	
	<i>mobile</i>	
E mail address		

The following profile sets out the views of <child / young person's name> and <parent / carer / guardian>. Where the views are specifically those of another person they are shown in "quotation marks".

**Indicate with a cross those that apply:**

- the child / young person has led without parental input
- the child / young person has led jointly with parents
- the child / young person has contributed directly, e.g. in conversation with professional/parent or via email, verbally, with sign language or other communication method
- the child / young person has contributed through the interpretation of people who know them well

# 1. My One Page Profile

My name is

A current photo of the child / young person

What's important to me...

- A bullet point list of what really matters to the person - from their perspective where possible even if others disagree
- Important routines

I like...

- A bullet point list of what the person likes
- Favourite foods, toys, TV programmes
- Activities and when they do them
- People they admire
- Sports teams

I do not like...

- A bullet point list of what the person does not like from their perspective

What people like and admire about me...

- A bullet point list of the positive qualities, strengths and talent
- A child may find it difficult to identify these things. Use feedback from previous assessments, or ask a range of people that know the child well including family, friends, staff working with the person

How best to support me...

- A list of how to support the person
- What is helpful and what is not
- What people need to know and what people need to do

Notes:

- *Some of the information for Part A Pupil Profile will already be in the eCAF. This should be used to complete a draft of the profile before you meet the person and their family.*
- *Tips on writing one page profiles can be found at:*
- *<http://www.helensandersonassociates.co.uk/reading-room/how/person-centred-thinking/one-page-profiles.aspx>*
- *The one page profile must fit onto one page. It should be a brief summary of the other pages in the pupil profile. The size of the boxes and the size of the text can be changed to make text fit.*

## 2. What I am good at and my achievements

- Further information about the person that builds upon their one page profile.
- This page of the profile can be organised in other ways or use other headings as long as the text covers the same information.

## 3. People important to me

Family	Friends
Who is in the child/young person's family, how often they see them, how do they feel about them, what they do together.	Who are the child/young person's friends, how often they see them, how do they feel about them, what they do together.
School and other support workers	Others
Who works with the child/young person, when do they see them, how do they feel about them, what they do together.	

## 4. When I am...<Delete this box if not required>

- When I am happy I...
- When I am upset I ...
- When I am angry I ...
- etc.

## 5. How I communicate and make decisions and how you can support me to do so <Delete this box if not required>

- A summary or list describing the person's ability to communicate with others.
- The person's preferred method of communication, their ability to hear, follow instructions and make their needs and wishes known to others.
- You can help me to communicate by...
- The areas the person is able to make a decision about for themselves
- The areas where decisions need to be made by other people

## 6. My history

A summary of the person's story from the child and family's perspective

Written as bullet points or short paragraphs

Helps to prevent the family having to repeat their story

Can include:

- the birth story
- where the person has lived
- significant events
- education history
- health history

## 7. My dreams and aspirations for the future

The child / young person's own dreams and aspirations. May relate to play, health, education, independence, friendships, relationships, further education and future plans including employment, independent living (where practical).

The family's aspirations and dreams for the child / young person. This may use the same areas listed above.