All About Me

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| **Photo:**(Having a photograph is optional). |  |
| **First names:** |  |
| **Surname:** |  |
| **Likes to be called:** |  |
| **Date of birth:** |  |
| **Male or female:** |  |

The information recorded here is a key element to the **Person Centred Approach** for the identification of strength and needs and planned goals and interventions. This information should be the start of any process to review progress or to request and Education Health and Care Plan.

**A summary of All About Me** will appear in Section A of the **My Assessment Plan.** The full **All About Me** will be an appendix to the My Assessment Plan and then to the EHC Plan if the Local Authority decide to issue one.

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|  All About Me |
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| **All About Me** is an opportunity to bring the child or young person’s views to the understanding of their educational, social, emotional, health strengths and needs. It is essential to the **Person Centred approach** that the young person’s views are the starting point of identification, aspirations and support**.** |
| If anyone helped write this, who was it and how did they help? |  |
| Use this format to record the views, interests and ambitions of the child or young person where possible. Please show where the child or young person is speaking directly using “I” or mark clearly when the views of the child or young person are being represented by parents, carers or professionals. |
| **Who is in my family? Who is important to me?****My history**: this could include: my early childhood; my education so far; my friendships and relationships; other people who are important to me; pets**My interests** **What is important to me?****What is important for me?****What I like about me and what I am good at****How I communicate****How to communicate with me so I understand****My health needs****How independent am I? What would help me to be more independent?****What support do I already get that is working well?****What’s not working? What would I like to change?****New things I would like to try** |

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| **My views**:  |

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| **My aspirations and goals for the future**e.g. the sort of person I would like to be and what I would like to do in the future. Long-term goals might include: health and wellbeing; friendships and relationships; community inclusion; education and employment; independent living. |
| **My views**:  |

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| My Family / Carers’ Views |
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| This section is to record the views and ambitions of the **parents/carers and other family members** in relation to the child or young person. |
| **Who wrote this section** |  |
| **All About Me** is an opportunity to bring the child or young person’s views to the understanding of their educational, social, emotional, health strengths and needs. It is essential to the Person Centred approach that the **families views** are considered and where the child or young person is unable to express their views |
| **Essential information you need to know about my child** **or young person****History**: This could include: early childhood; education so far; friendships and relationships **Who are the important people in their life?****What are their interests?****What is important to them?****What is important for them?****What do others like and admire about them?****How do they communicate with others?****How do others communicate with them?****What are their health needs?****How independent are they? What would help them to be more independent?****What support do they have from family and others that is working well?****What is not working? What would you like to change?****What new things they would like to try?****What support do you need as a family?** |

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| **My family / carers’ views:**  |

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| **Our aspirations and goals for the future**E.g. the sort of person I would like my child to become and what I would like them to do in the future. Long-term goals might include: health and wellbeing; friendships and relationships; community inclusion; education and employment; independent living. |
| **My family / carers’ views:**  |