

# Education, Health and Care plan review preparation



For young people



# Getting ready for my person-centred review



## Introduction

This booklet will help you to prepare for your review. You can fill it in and take it with you to your review.

You might want to ask someone at school, college or at home to help you fill it in.

You can choose how to complete this booklet. For example, you can write, draw, or put in photographs or pictures. You might not want to use all the pages.

**It's your booklet, so it's up to you!**



Your name:

You might want to put a photograph of yourself here.

# Planning my review



## Who is coming?

Who would you like to invite to your review?

You can ask someone to help you with this.

You might like to make your own invitations.



I would like to invite:



You could put the names or photographs of the people you want to invite here.

## Refreshments

What would you like to have to eat or drink?



# Planning my review



## What will help me take part?

How do you want to be supported at your review so that you can take part?

How will you tell people things – will you need any special equipment or resources?

What about noise or room layout?



To help me take part, I would like:



To help me say what I want to, I will:

## What do I want to say – and how?

How do you want to give your information?

You can use photographs, symbols, films, words or do a presentation.

What help will you need to prepare this? Who will help you?



# Planning my review



## Ground rules

Are there any ground rules you would like?

You could ask people to switch their mobile phones off, ask them not to use big words, or for everyone to listen.

Is there anything else that would help you take part?



At my review, please help me by:



## What to do when it starts?

What do you want to do at the beginning of your review?

Would you like to welcome people as they come in? Give them pens and show them where to go? Or would you prefer to come in after everyone else?



When my review starts, I would like to:



# What will happen in my review?



## Introductions

You might have met everyone who is coming to your meeting, but some people might not know each other.

Everyone will introduce themselves and explain how they know you and their role in supporting you.

Collecting photographs before the meeting might support you to prepare.

Hello my name is...

Nice to meet you, I am...

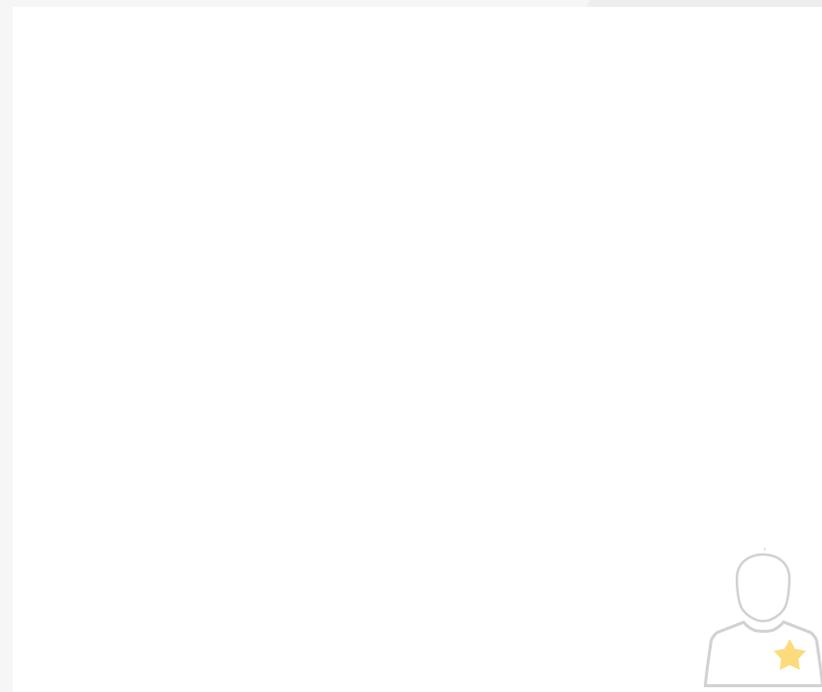
## What people like and admire about me?

Next, everyone says what they like and admire about you. This is written up on a large piece of paper.

People could use sticky notes to write down what they like and admire about you.

Is there anything you like and admire about yourself? This includes the things that you like doing and the things you are good at.

You could include photographs, films or writing in this booklet to share at your review.



# What will happen in my review?



## What people like and admire about me?



Use this space to say what you like and admire about yourself.



## Sharing views



**The facilitator will explain all of the headings that are up on the big sheets of paper. These might include:**

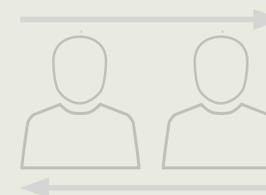
- All about me.
- How to support me.
- What can school/college do for me.
- Keeping me healthy.
- Being part of my community.



**Everyone will think about those headings, then talk about:**

- What's important to you now and in the future?
- What's working or not working in the areas on the big sheets.
- And *what might need to change*.

Then everyone will take a pen and write down what they think.



# What will happen in my review?



## Questions

If you have something to say or ask that doesn't fit under any of the other headings, you can write a question here.

Do you have any questions you would like to ask?



## All about me



**About me:**

You might want to put some information from your one-page profile here.

This could be things you like, things you are good at, who's who in your life, what a good day/bad day looks like or how you like to be supported.



This will be useful if there are people at your review who don't know you very well.

**This is me:**



You might want to put a photograph of yourself here

# What will happen in my review?



## My aspirations for the future

- What would you like to do in the future?**
- How do you want to spend your time?**
- What sort of work would you like to do?**
- Where and how do you want to live?**



In the future, I would like to:



## What's important to/important for me now?



These things are important to/important for me now:



# What will happen in my review?



What's important to/important for me in the future?



These things are important to/important for me now:



What's working/not working for me?



Working?



Not working?



# What will happen in my review?



## How I like to be supported to stay healthy and safe?

**What are your needs and have they changed?**

This should include any health needs, equipment you may need, or any other support you may need from others at home or at school/college.

You should include things that we should be aware of about you. For example, if you prefer not to be in noisy environments or have any allergies people should know about.

**What is working/not working and what, if anything, needs to change to support you better?**



It will support me if:



## Actions and next steps

At the end of the meeting, the facilitator will make sure everything has been covered and go through the key things that have been discussed, agreeing any actions.

