

All About Me

PREPARING FOR ADULTHOOD

You have been asked to complete this form as you have an Education Health & Care Plan.

It is important that your views are represented in your EHCP.

This form is for you to tell us all the important information about yourself. It is an opportunity for you to let us know what is going well, what you like to do, what you think could be going better and things you don't enjoy.

One area we really want you to focus on is preparing for adulthood. This means getting ready for your future. As part of the Annual Review of your Education Health & Care Plan we will discuss what your hopes and dreams are. We will focus on four areas to help guide these discussions:

Education/Employment/Training

Think about what job you would like in the future; you might have more than one idea that you would like to explore. We can explore the best ways to get you there

Independent Living

This doesn't only mean living on your own, it means where and who you would like to live with. It's also asking about what goals you want to set for yourself to achieve independence in things like managing money and travel.

Friends Relationships & Community

It is important that you make friendships and are supported to keep them outside of school/college. We want you to feel safe, have fun and enjoy doing activities with people in your area.

Good Health

Making your own decisions about your health is important, this involves going to and making appointments, being responsible for your medication and getting support when you need it.

You can ask someone to help you complete this form, this could be a teacher, a parent or carer, SENDIASS or another trusted adult who knows you well.

Please tell us their name and how they know you:

NAME:	
HOW THEY KNOW YOU:	

SENDIASS give information, advice and support to children and young people.

You can ask them to help you with this form by visiting: www.southtynesidesendiass.co.uk

Or you can contact them by: **Email:** sendiass@southtyneside.gov.uk | **Telephone:** 0191 424 6345



South Tyneside Council



Spread the word!

**THIS IS
SOUTH
TYNESIDE**

NAME:	
DOB:	
ADDRESS:	

THINGS I AM GOOD AT

THINGS THAT I DO NOT LIKE

WHAT I LIKE TO DO AT HOME AT SCHOOL AND WITH FRIENDS

THE BEST WAY TO COMMUNICATE WITH ME IS

Blank space for writing the best way to communicate with me.

WHAT IS GOING WELL

IT WOULD BE BETTER IF

EDUCATION

HEALTH

SOCIAL CARE

Blank space for writing what is going well in Education.

Blank space for writing what would be better if in Education.

Blank space for writing what is going well in Health.

Blank space for writing what would be better if in Health.

Blank space for writing what is going well in Social Care.

Blank space for writing what would be better if in Social Care.

IN THE FUTURE I WOULD LIKE...

**EDUCATION / TRAINING
& EMPLOYMENT**

INDEPENDENT LIVING

**FRIENDSHIPS,
RELATIONSHIPS
& COMMUNITY**

GOOD HEALTH

Please return this form to:

SEND Services, Children, Adults & Families, Town Hall & Civic Offices, Westoe Road, South Shields, Tyne & Wear, NE33 2RL

Or by e-mail to sen@southtyneside.gov.uk

You can also give this form to your SENCO, SEND Officer or Connexions Advisor.