My Preparing For Adult Life Plan

[insert your photo here]

My name is

Contents

In this booklet you can record useful information that will help us during your assessment.

You may want support from a parent, family member, teacher or friend to fill in the information. At the bottom of each page you can write the name of the people who helped you fill it in.

You can write, draw or include photographs for your answers and if you need to you can add extra pages.

Important people in my life

Please put the names or pictures of important people in the relevant spaces provided

Family	Friends

School Staff and other people who work with me	Others

I filled this page on my own   yes/no

.... helped me fill in this page

What people like and admire about me

You may simply want to use a few words, bullet points or drawings to express what people say they like and admire you in the box below.

I filled this page on my own   yes/no

.... helped me fill in this page

Looking to the future

This section is related to my plans for adult life and being more independent.

My **hopes and dreams** for the future

How close are you to the targets set last year?

Target 1

Rating

I filled this page on my own   yes/no

.... helped me fill in this page

Looking to the future

Target 2

Rating:

Target 3

Rating:

Target 4

Rating:

I filled this page on my own   yes/no

.... helped me fill in this page

What is important to me?

I filled this page on my own   yes/no

.... helped me fill in this page

What is important for me (to meet my needs)?

I filled this page on my own   yes/no

.... helped me fill in this page

What is working well for me? What does good support look like?

Here you can write what is working well for you, this can include services that you use or support and information that you access.

I filled this page on my own   yes/no

.... helped me fill in this page

What is not working well for me?

Here you can list any aspects of services or support that may not be working for you or specific issues that you feel need resolving.

I filled this page on my own   yes/no

.... helped me fill in this page

Questions I want to ask

I filled this page on my own   yes/no

.... helped me fill in this page