

Your Name:	
Date of Birth:	
Your School or setting:	
Date Completed:	

This is your opportunity to talk about your EHCP and about the help you receive inside and outside of school.

What is an EHCP? EHCP means Education, Health and Care Plan. It is all about what you are good at and what things you might need some help with. It also contains a section about your goals and aspirations/ dreams and tells anyone supporting you what help you need to achieve your goals.

Why have we sent you this form? We are either deciding if you need an EHCP or reviewing one you already have. If you are unsure, you can speak to an adult you trust who will be able to explain more details to you.

Why do we need your opinion? Because it is all about you! We want to know what you can do well, what you enjoy, as well as your views about what support you need and how we can help you to become a more independent learner and person. You can use this form to tell us useful information.

You can draw pictures, write or type comments or send us photographs to share your views. If you want to use extra pages, you can.

What makes me happy? What is important to me?	
At nursery, school or college?	<i>I'm good at football. I like playtimes with my friends.</i>
With my health?	<i>I always eat my tea. I like snacks too like chocolate.</i>
Outside in my community, with friends and family?	<p><i>I enjoy being with my friends and playing on my bike with my brother and cousins.</i></p> <p><i>My mum and dad are important to me. I like watching films with my family and drawing. We sometimes play games on Nintendo and play board games.</i></p> <p><i>Liverpool football team and England are important - I like watching them. I want to play for Liverpool.</i></p>

What makes me worried or sad?	
At nursery, school or college?	<i>Sometimes my friends don't speak to me at playtimes, and they won't let me play games. I don't like it when I have to do maths.</i>
With my health?	<i>Nothing.</i>
Outside in my community, with friends and family?	<i>My brother shouts at me sometimes - I don't like it.</i>

What am I good at? What makes me proud?	
At nursery, school or college?	<i>I love art and drawing cartoons and I got a merit point for my artwork. I like making up stories.</i>
With my health?	<i>I think I am good at eating good food. I always eat my tea and have tried some new vegetables. I like snacks too like chocolate.</i>
Outside in my community, with friends and family?	<p><i>I am a good friend. I am kind to people and can make people laugh.</i></p> <p><i>I got Player of the Week at football and got to keep the trophy for a week.</i></p>

The best ways to support me. I need help with... You can help me by...	
At nursery, school or college?	<i>I need help with reading and maths at school and spellings homework.</i>
With my health?	<i>I don't know.</i>
Outside in my community, with friends and family?	<i>I don't know. I think I'm ok. I can cross the road safely and ride my bike on the road near my house.</i>

I like people to communicate with me using... I like to make decisions by...	
At nursery, school or college?	<i>Pictures, text messages, emails, speaking to me calmly and slowly. I like to choose between two pictures, or tell me options, someone to talk through things with.</i>
With my health?	<i>I don't know (N/A). This would be appropriate for a young person with health needs who is trying/ wanting to become more independent and self-advocate.</i>
Outside in my community, with friends and family?	<i>My mum talks to me nicely and quietly about things to do and then I tell her.</i>

I would like to learn or get better at... (any new skills, sports, activities)	
At nursery, school or college:	<i>I would like to read better and spell all my words.</i>
With my health:	<i>Maybe get better at having a shower and getting dressed on my own. This would be appropriate for a young person with health needs who is trying/ wanting to become more independent and self-advocate.</i>

Outside in my community, with activities, friends, relationships, and family:	<i>I want to go to football to play and watch.</i>
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(For Year 9 and above) What would you like to do in the future?	
In education or work:	<i>I want to be in the football team at college. I know I want a job, but I don't know what yet. I want a house and a car.</i>
With my health:	<i>I want to be able to remember my medication every day.</i>
Outside of school or work time:	<i>I want to go into town with my friend on the bus. I want to be able to spend my money.</i>
With friendships and relationships:	<i>I want to see my friends at football and for them to be able to come to my house.</i>
With your independence:	<i>I want to be able to my tea at home and use the microwave.</i>

Any comments or questions?	
About nursery, school or college:	
About my health:	
About my community, activities, friends, relationships, and family:	
About my independence:	

Thank you for sharing your ideas and views.

Your ideas will help adults support you now and in the future.

Did you have any help to complete this form? (Please tick)

Yes, I had help with this form	
No, I did this form by myself	

If you have supported a child or young person with this form, please indicate your name, role and briefly how information was gathered. Thank you

X chatted to SENDCO and we looked at pictures to help prompt and create ideas and discussion. I then wrote down the words X wanted me to.