**My Care Plan**

This care plan belongs to:

|  |
| --- |
| *Photograph:* |

Your Care Plan sets out how you will be cared for by Torbay Children's Services.

It is very important as it is all about you and what you need.

It tells people what needs to happen, who is going to do it and by when it will happen.

It belongs to you.

As you change and grow up, your plan will need to change and your social worker will meet with you to think about how it needs to change.

Your social worker will also talk to people who are important to you, so that they can tell us what they think and they can know how we are going to look after you.

Date of this plan:

Who wrote this plan:

**Why am I cared for?**

This is a really important question, and one that you may want answered. There may be lots of different reasons, and different people may have quite different views on it. Their answers are all part of the picture. Here’s a space to keep these answers for whenever you need to know or find yourself thinking about this question:

Your Social Worker thinks it was because:

|  |
| --- |
|  |

I think I am cared for because:

|  |
| --- |
|  |

Your Mum thinks it was because:

|  |
| --- |
|  |

Your Dad thinks it was because:

|  |
| --- |
|  |

Your carer thinks it was because:

|  |
| --- |
|  |

**Who am I?**

Name:

I like to be called:

My legal status:

I was born on:

I am …….. years old.

**Things about me:**

Where I was born?

What language do I speak?

What is my ethnicity/nationality?

What are my religious beliefs?

What do I like?

What I don't like?

Are there any other things that make me individual and unique? *(Birth marks, scars, personality)*

When I am older I would like to be?

**The important people in my life**

|  |  |
| --- | --- |
| Name:  |  |
| Relationship to me |  |
| Do I see them? If so, how often do I see them? |  |
| Are there any special arrangements about this? |  |
| If I don't see them, why not? |  |
|  |  |
| Name:  |  |
| Relationship to me |  |
| Do I see them? If so, how often do I see them? |  |
| Are there any special arrangements about this? |  |
| If I don't see them, why not? |  |
|  |  |
| Name:  |  |
| Relationship to me |  |
| Do I see them? If so, how often do I see them? |  |
| Are there any special arrangements about this? |  |
| If I don't see them, why not? |  |

Is there anyone I don't see at the moment, who I want to see in the future?

Is there anyone I see at the moment that I don't want to see anymore?

|  |
| --- |
| My Family Tree: |
| Who is important to me?Who is working with me? |

**Where I am currently living**

I currently live with:

I call them:

Other people who live here:

The reason I live here:

On a scale of 1 to 10, where 1 is I hate it here and want to move and 10 is I love it here, what scale would give to living here?

If something goes wrong and you cannot live here anymore then…

|  |
| --- |
|  |

**Health (looking after my body as I grow up):**

Your Social Worker will ensure that you are offered a Health Assessment every year, although you are entitled to refuse this. They will ensure all your vaccinations are up to date and you see a dentist and optician on a regular basis. They will ensure you have access to a GP should you require it.

Your Carer’s Fostering Social Worker will talk to them about providing you with a healthy diet and providing the opportunity for exercise.

My doctor is called:

They work at:

You will need to have a health assessment in:

My dentist is called:

They work at:

I last saw the dentist on….

My opticians is called…

They work at….

I last visited the opticians**…..**

When I feel poorly, this is what will happen:

**My thoughts and feelings**

**Going to school or college**

I currently go to:

I am in:

How do I get to school?

How am I doing in school?

**Permanency**

Who is going to make decisions about me as well as my parent(s)?

Where am I going to live until I am an adult?

What will happen if this is not possible?

Who is going to look after me and keep me safe until I am a grown up?

**Visits**

My social worker will come and see me at least every …… weeks.

I know that if I want to see them in between then, I can ring them on ………… and they will arrange to visit.

**What to do if you are not happy**

If you are not happy you should be able to talk to your social worker. We know that sometimes this is not possible and there are other people you can talk to

Social Worker –

Team Manager –

IRO –

Or

Complaints

Any other professional you work with

**Who was involved in putting this plan together?**

|  |  |  |
| --- | --- | --- |
| Name of person | Relationship to child or young person | Comments  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**What is the overall plan for the child?**

…….

**The plan for the next six months is that:**

**Manager’s views and endorsement**