

# ALL ABOUT ME

## Personal Programme Report

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PROVIDER: \_\_\_\_\_

# Simple Guidance For Providers:-

‘All About Me’ has been developed to help adults and young people with needs prepare for their assessment or review by giving them an idea of the kinds of questions they may be asked by a care manager/link worker who will meet with them to complete their assessment or review.

The All About Me form will ordinarily be sent out at least 2 weeks before an assessment or review in order to give people time to think about how they would like to respond to questions and consider any additional information they would like to share.

- Adults and young people with needs may be able to complete the form independently or they may prefer to complete it with support.
- An adult or young person with needs may ask for support from a parent, friend, carer or support provider.
- Some people may prefer to spend several short sessions considering and answering the questions.
- Please have the All About Me form completed before an assessment or review so that it can be used to assist with discussions at the assessment or review meeting.

Care Managers/Link Workers are very interested in the achievement of adults and young people with needs – this is called a strengths based approach.

- Please try to be positive, and take time to tell care managers/link workers what adults and young people with needs can do well, on their own, and with support.
- Please try to highlight people’s gifts, talents and skills when completing the form.
- The All About Me form has been designed to help people to comment on different areas of their life. The pictures and headings are intended to prompt and guide in completing the form.

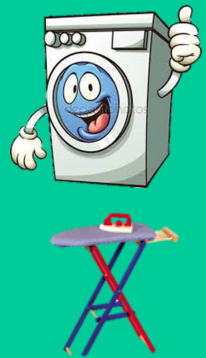
Please use the final page to say anything else that the adult or young person with needs may think is important to include in their assessment or review.

Many thanks.

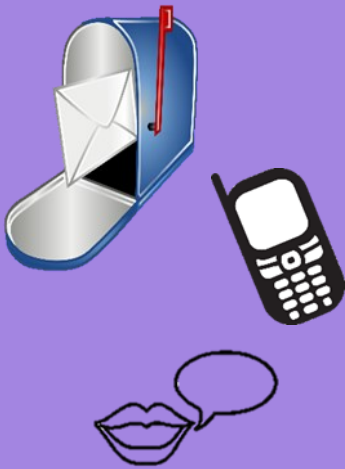
## Maintaining a Habitable Home Environment, Safe and Clean Home



What have you achieved this year?  
What would you like to achieve next year?



## Communication



What have you achieved this year?  
What would you like to achieve next year?

## Menu Planning/Shopping/Cooking—Managing and Maintaining Nutrition

What have you achieved this year?  
What would you like to achieve next year?



## Managing Money/Budgeting



What have you achieved this year?  
What would you like to achieve next year?

## Accessing and Engaging in Work, Training, Education or Volunteering

What have you achieved this year?  
What would you like to achieve next year?



## Managing your Health



What have you achieved this year?  
What would you like to achieve next year?

## Coping Strategies

What have you achieved this year?  
What would you like to achieve next year?



## Being appropriately clothed, Personal Hygiene and Managing toilet needs



What have you achieved this year?  
What would you like to achieve next year?

## Developing and maintaining family or other personal relationships

What have you achieved this year?  
What would you like to achieve next year?



## Clubs I belong to



What have you achieved this year?  
What would you like to achieve next year?

## Other activities

What have you achieved this year?  
What would you like to achieve next year?



## Family/People who are important to me



## Using the home safely

What have you achieved this year?  
What would you like to achieve next year?



## Travel



What have you achieved this year?  
What would you like to achieve next year?

Is there anything else you would like to talk about at your review?

What would you like to do next if it's not already been talked about?

**Is there anything important you would like to share?**



**Has anything worried you or have you struggled with anything this year?**



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