

The following are some examples of curious questions to help with our Pathway Plan Needs Assessments. Feel free to adapt these to ask to different people who know the young person well and to suit your own style

Physical and mental health

Tell me what a good day looks like for you? How often is it like this? Who / what helps you to have a good day? What else do you think you would need to help you have more good days than bad days?

What does a bad day look like? How often is it like this? What makes a bad day worse? What is the worst thing that someone could do or say that would mean you were more likely to have a bad day? What signs do you notice that tell you you're having a bad day? What do other people notice (check this out with the people who know the young person best)

What do you know about your health in the past from when you were very young? What do you know about your birth family's health? (To discuss health summaries and health passports)

If you think about your health over the next 6/12 months, what would you like it to look like then? What do you think other people would want for you? (Check this out with the people who know the young person best)

Training, education, and employment

What kind of things do you feel most proud of? What are you good at? What would the people who know you best say that you are good at? What do other people feel proud of you for? (Check this out with the people who know the young person best)

What do you enjoy about your current education/training? What don't you like? What do you struggle with? What gets in the way of you wanting to get involved in education or training? Are there other ways that you are learning things, even if you aren't involved in education or training? What difference is this making?

When you think about your future, what do you want to do/be? Where would you like to be in 6 months/12 months' time? What have you been doing already to help you towards this?

What else do you think you would need to do to get to where you want to be? Who/what do you think would help?

Identity / what makes me 'me' (could use 'values' cards to support this conversation)

Do you have any ID?

What do you know about your birth family?

What do you think it is important for me to know about you? What makes you 'you'?

If I asked (someone who knows you well) to describe you, what would they say? (Check this out with these people)

Who are the people that really 'get' you? How do they help?

Who are the people who just don't 'get' you and they don't really have a clue about who you are as a person? How does this affect you?

What beliefs are important to you? What things aren't important to you at all?

Are there any areas where you are struggling where you feel you need some help? Who/what do you think would help?

Important relationships with family, friends, and others

Who are the most important people/pets in your life right now? Who are you close to? What is it about these relationships that makes them good? How do these people help you?

What about people from your past – is there anyone you were close to previously, but you've lost touch with? Is there anyone you would like to get back in touch with?

Who are the people who make you feel good about yourself? Who are the people that make your life better? Who are the people who help you when you're feeling stuck? Who is the first person that you would share some good news with? Who do you confide in when you are feeling crap? Who is the first person to notice if you're struggling? Who notices when things are going well?

What relationships aren't working for you right now? What makes this harder or gets in the way of it going well? What do you think these people might say about this if we asked them? Do other people have any worries about your relationships, even if you don't share these worries?

When you think about your relationships 6 months or a year from now, what would you want these to look like? Who would still be in your life then? What do you/they need to do for this to happen?

Thinking about those people important to you and the support they give you, who would you go to talk to about your worries? Who would give you support with things such as if your money has run out or something needed to be fixed at home? Who makes you feel safe?

How the young person feels and shows their feelings (emotional and behavioural)

When you feel good, what does this look like? What's happening in your life when you're feeling good? How would I know that you're having a good day? Who else notices? What do they notice?

When you've got some difficult feelings going on, what's happening in your life at these times? How do you let these out? What helps? What doesn't help? What kind of things have you had to do to cope with or survive the stuff that has happened/is happening in your life?

Does anyone else worry about the way you show feelings that you're struggling with? What do they worry about?

Have there been times when you've really been struggling but you've managed to cope with these feelings in a healthier way? What did you do?

If you could change anything about the way you let your feelings out, what would that be? Who/what do you think could help you with this?

How the young person looks after themselves (self-care)

What are all of the ways that you're able to look after yourself right now? Tell me everything that you can do for yourself? What do other people think you can do well in looking after yourself? (Check this out with them)

What things do you struggle to do for yourself? What would the people that know you best say about this if I asked them? (Check this out with these people).

When you think about where you want to be in 6 months / a years' time, what skills do you need to work on between now and then to help make this happen? What do you think would help?

Managing money

Do you have a bank account? How much money do you have coming in? Where does this money come from? What are you spending your money on? How does what you've got coming in compare to what you've got going out?

How do you try to make your money last? What do you do to make sure that you are able to pay for important things like rent, gas, electric etc? Who/what helps with this?

What makes managing your money harder? If you were managing your money well, what would that look like? What do we need to work on together so that you can get to the point where you are managing your money better?

If you were really stuck for cash, what would you do? Who would help you out? What if you were struggling for food / gas / electric – who would help out with this?

Support available to the young person

Who are the people that you can count on to help you when you need it? Who are the professionals involved in your life and what is it that they do to help? What difference does this make?

What do your carers do well to support you? What don't they do so well? Is there anything they could do differently that would be more helpful?

Is there anything that's making it harder in your relationships with professionals/your carers? What would they need to do differently to make this work better? What do you think they would say that you could do differently to make this better?

If you were getting all of the support that you feel you need, what would this look like? Is there anything that we need to change? (e.g. involve more or fewer people)

Who are the family/friends in your life and what is it that they do to help? How could we involve them more?

The young person's home (accommodation)

What do you like about where you are living right now? What don't you like? What would your carers say they like about having you there? What do they struggle with? How is this affecting you?

Do you feel as though you're getting enough support where you live? If not, what would better look like?

How well cared for do you feel by the people supporting you? Are they kind and caring towards you?

Where would you like to be living in future? When would you like this to happen? What do we need to think about to make this happen? What else do we need to work on together? What would be the best Plan B if this can't happen?

Community (family and environment)

What kind of things do you get involved with in your wider community? Where do you like spending time? Who do you like spending time with? How often is this happening? (Check this out with the people who know the young person best too)

Does anyone have any worries about the places or people that you are spending time with? What are they worried about? What do they worry will happen to you? Has anything harmful happened to you because of this? What do you think about this?

If there are worries about exploitation – what do you think older people want from you when they are spending time with you/ giving you money/gifts? Why do you think I'm worried about this? What would happen if you don't do as they ask?

What would safer look like? From your point of view? From my point of view? What can we do together to make things just a little safer than they are for you right now?