

At the beginning of the plan the pages are for finding out about you and to think about what you're good at, what and who is important to you, what makes a 'good' day, what you might like for your future and the things that may make it more difficult for you to

get to where you want to be.

There are pages in your plan to



record information about the people you work with, their names and contact details, what they said and when you met them.

There is also a page to think about next steps (called outcomes in the plan). Deciding on 'next steps' will be

something that is done with others so everyone can think together about what might help and how this can be done. Finally, there is space to review how things are going and a space to think about changes to your plan, if that is what is needed.

Sometimes it will be important to share your Support Plan with new people. These will be people that you and your parents/carers think may be able to help. Sharing your plan could help everybody to think about your needs differently. This could lead to

new ways of working to achieve your outcomes.



## Hello and Welcome!

The Barnet 'My Support Plan' is a tool to help us work together to think about the future. It might look quite long but don't worry, you will not be filling it in all in one go. Each page is for something different and can be used to help you keep a record of the different conversations you have with people as you work on your plan. It can be used electronically or each page printed off when you need it.





At the end of the plan there is a space to sign to show that you agree with the things that are in it. Your parents or carers can sign for you; they must sign too if you are under 16.

Below are some websites that you and the adults in your life can use to find more tools for working successfully together so you can all make the most of your Support Plan.

Remember, your plan is unique and personal to you and the pages should be used in a way that suits you.

Add to them and change them as you need to and do not be shy about sharing your views. That way, everyone can be confident that they are helping you in a way that is useful and makes sense to you.

#### Useful links:

##### Barnet Local Offer:

<https://www.barnetlocaloffer.org.uk/>

**Barnet SEND Information and Support Service (SENDIASS)** offer advice and support for parents/carers; [SENDIASS link](#)

**Helen Sanderson Associates** (useful person-centred planning tools):

<http://helensandersonassociates.co.uk/>

**The Communication Trust:** [The Communication Trust Resources](#)

##### Communication Matters:

<https://www.communicationmatters.org.uk/page/communication-passports>

**Inclusive Solutions** (Person centred planning tools): <https://inclusive-solutions.com/>

##### Talking Mats:

<https://www.talkingmats.com/>

**Widget:** <https://www.widgit.com/>

**Makaton:** <https://www.makaton.org/>

For more information please contact your school SENCO.

# My Support Plan

**A Guide for Students  
and Parents/Carers**