

# My Future My Choice

FOR PUPILS/STUDENTS YEAR 9 AND ABOVE

TO BE REVIEWED PRIOR TO ANNUAL REVIEW MEETINGS AND UPDATED USING ~~CROSS-THROUGH~~  
FOR DELETIONS AND **BOLD** FOR ADDITIONS

You can put a  
photograph of yourself  
here or a picture of  
something that you  
like

This booklet is designed to help you think about and plan your goals, dreams and aspirations for the future – you can add extra pages if you wish!



# What People Like and Admire About You



What do other people say that you are good at and what do they like and admire about you?

## My Interests

|  |  |
|--|--|
| How do you help in your family and/or community?                                 | The unique qualities you have. For example: makes people laugh, calmness, and generosity |
| Skills (Specific skills for example typing, sewing, cooking, speaking in public) | Interests (Hobbies or specific interests for example Star Trek, gardening, football)     |



## Your Family

Who are the members of your family? Who are you close to? You can add photo's here if you wish

## Your Friends



Who are your friends? Which of your friends do you hope to keep in touch with in the future? How will you do so? Please include what is working for you and what is not working for you.



## Your Community

Where do you go when you're not at school, who do you see? Do you go to any clubs or groups? Do you spend time with people outside your immediate family? Are there new things you would like to try? Are there things you would like to get more involved with? Please include what is working for you and what is not working for you.

## Others who support you



Who else supports you? Do you pay anyone through direct payments? Please include what is working for you and what is not working for you.



## Communication



How do you like people to communicate with you? Do you need any support with communication? What does this support look like? Please include what is working for you and what is not working for you.



## How you learn



How do you learn best in e.g. quiet environments, 1:1, in a group, with tasks broken into smaller steps with repetition, written instructions, pictures, verbal instructions, or by doing things/hands on? Please include what is working for you and what is not working for you.

Do you feel you are being supported in the right way? Please give details



## Work and Training

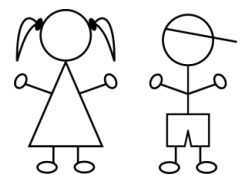
What do you want to do when you leave school? If you don't know are there new things you would like to try/explore? What help do you need to achieve this? What are you due to do/have done regarding work?

## School/College



Where would you like to go in the future? Which courses? How can people support you? It is really important that these issues are discussed at your transition review meeting.

## Your Health



Do you need help to stay healthy? Do you take any medication? Do you have any dietary needs? Do you need special equipment to stay healthy? Does anything worry you about your health? Do you see any doctors other than your GP? Please indicate any other information that is important to your health and safety



## How you want to live

Where and how do you hope to live in the future? Who would you like to live with? A group of friends? Your partner? Will you need any support with this? Who could give you some support?

## Transport & Travel



Do you travel independently? Do you plan to do so in the future? What sort of transport do you hope to use? Will you need support? Please include what is working for you and what is not working for you.

## Money



How do you feel about coping with money, being responsible for money and budgeting? Do you need help to open a bank account? Do you need any information about benefits, student loans or Direct Payments? Please include what is working for you and what is not working for you.



## Your Hopes and Dreams for the Future

In this section tell us anything extra that you would like in your life in the future including learning new activities, conquering fear, travel and life skills that you would like to try.

## Part 2

# Completing your Preparing for Adulthood One Page Profile and getting ready for your review

Use the information in My Future My Choice to start your one page profile. This can be used at your review meeting to let everyone know what is important to you now and for the future and what good support looks like for you. It also helps you to tell people what you dreams and aspirations are for the future.

### **Suggested format for your One Page Profile on Page 11**

#### **Like and Admire**

Record what others have said that they like and admire about you.

#### **Things that are important to me**

Things that are important to you are the things that make life fun and enjoyable- they also make your day a good day. Thinking about what is important to you regarding your health, future employment, independence, housing, having friends and being part of your community will be important for planning your future. Use the things you have written in My Future My Choice to say what really matters to you!!!

#### **How best to support me**

How best to support me tells others what good support to stay healthy and safe looks like to you. It may include how others communicate with you, how people help you learn or support any physical needs. Think about what good support looks like to help you get a job, stay healthy, be as independent as possible, have friends and be a part of your community.

#### **What's working well**

This is your chance to tell others about the things that are going well in your life and what you want to stay the same because they work well for you.

#### **What's not working**

This is your chance to say what isn't working as well for you and what you would like to change or would like some extra support with.





## Suggested Format for Your One Page Profile

What is important to me re my health, employment and training, independent living, friendships relationships and community

What people like and admire about me

What is important for me/the best way to support me re my health, employment and training, independent living, friendships, relationships and community

My hopes and dreams for the future

# About you and this booklet

Who helped me fill in this booklet.....

Consent to use this booklet as part of the Education, Health and Care Plan:

Signed .....Date.....

Name .....

Contact details:

E-mail ..... Telephone number .....

## **Impartial information, advice and support**

If you, your child or young person would like confidential, impartial information, advice and support relating to your education, health and care needs assessment please contact:

SEND Partnership Service, the Bath and North East Somerset Special Educational Needs and Disability Information, Advice and Support Service

### **Telephone helpline:**

01225 394382

*(The helpline is open Monday to Thursday 10am to 3pm during term time; please leave a message on the answerphone outside of these hours)*

### **Text:**

07530 263 401

### **Email:**

[send\\_partnershipservice@bathnes.gov.uk](mailto:send_partnershipservice@bathnes.gov.uk)

### **Website:**

[www.bathnes.gov.uk/sps](http://www.bathnes.gov.uk/sps)

### **The Bath and North East Somerset Local Offer**

[www.rainbowresource.org.uk](http://www.rainbowresource.org.uk)

[www.bathnes.gov.uk/localoffer](http://www.bathnes.gov.uk/localoffer)