

About my Life



My name is

I have put this booklet together with the help of my friends, family, teachers and support staff to help you understand me a little better as I get older, move into adult life. I hope that as time passes everyone who knows me will have something to add to it. If you have anything you would like to add, or if there is anything else you think would be useful to have included, we can work together on this.

About me

My gifts – what I am good at for example sport, art, cooking.

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My hopes and dreams for the future

For example paid work, my own place, good health, friendships and relationships.



What people like about me

People who know me should think of words to describe me and type them in the box.



Things I like to do that I enjoy

My favourite leisure pursuits - hobbies - holidays - where to go - who to contact - support needs - how to get there



My photo album

For example:

What I am good at in and out of school –
favourite activities.

What I don't like - particular foods, activities.

Please work with
me to show my
likes and dislikes



How I communicate

For a young person who has speech, language and communication difficulties you will need to inform the reader of this booklet how to best communicate with me. For example I may use PECS, Makaton, or sign language, creative communication methods - clear instructions, more time etc.



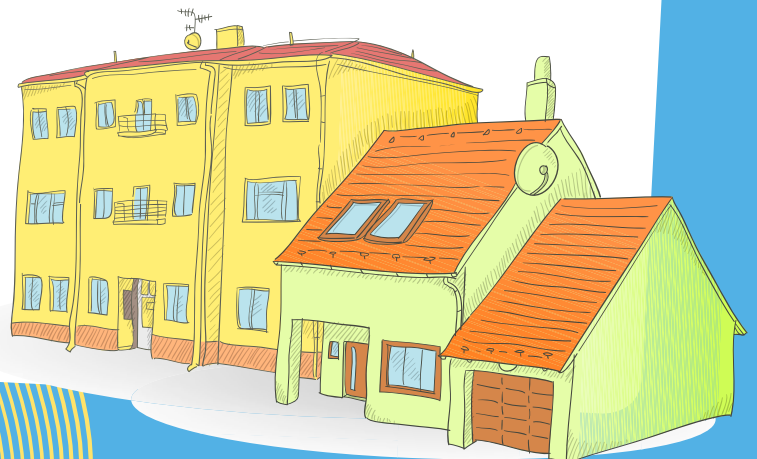
What kind of work I would like to do?

What I want to do - interests - types of work - (supported employment - work experience support in day and community activities)



How I want to live

Where and how I want to live - who I live with now - how I am supported - who will support my funding.



My health needs

My health needs - medication - diet - personal safety - support -
personal care - feeling good



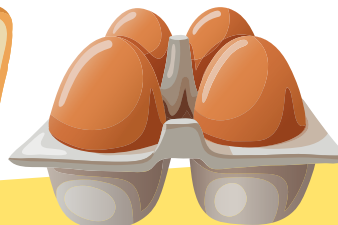
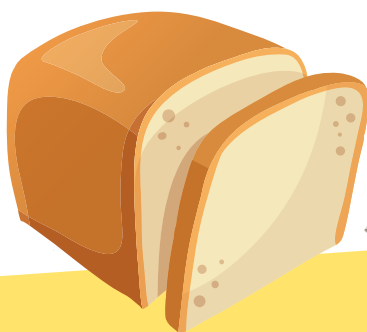
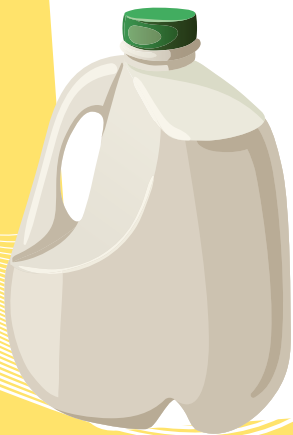
Food – my likes and dislikes

Please list the food I like and dislike



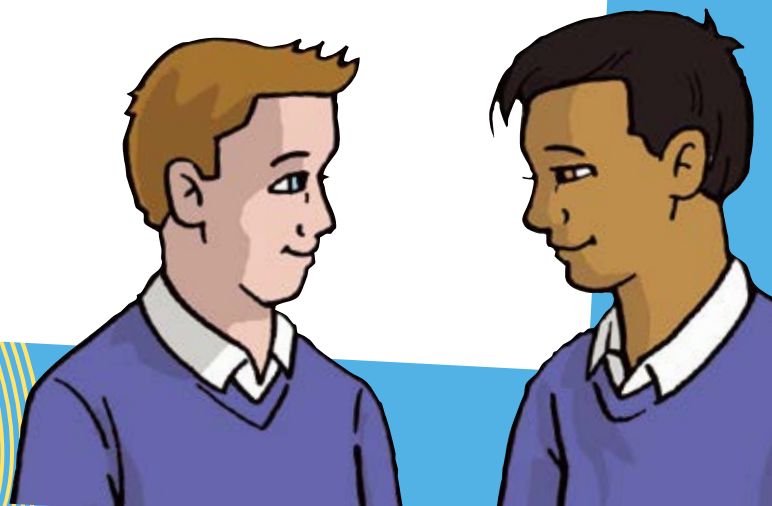
Foods I can't eat!

Please list the foods I can't eat.



My friendships and relationships

My friends and special friends - who are they - how to keep in touch - who can help - making friends and being part of the community.



Things I do for my family

Insert comments here



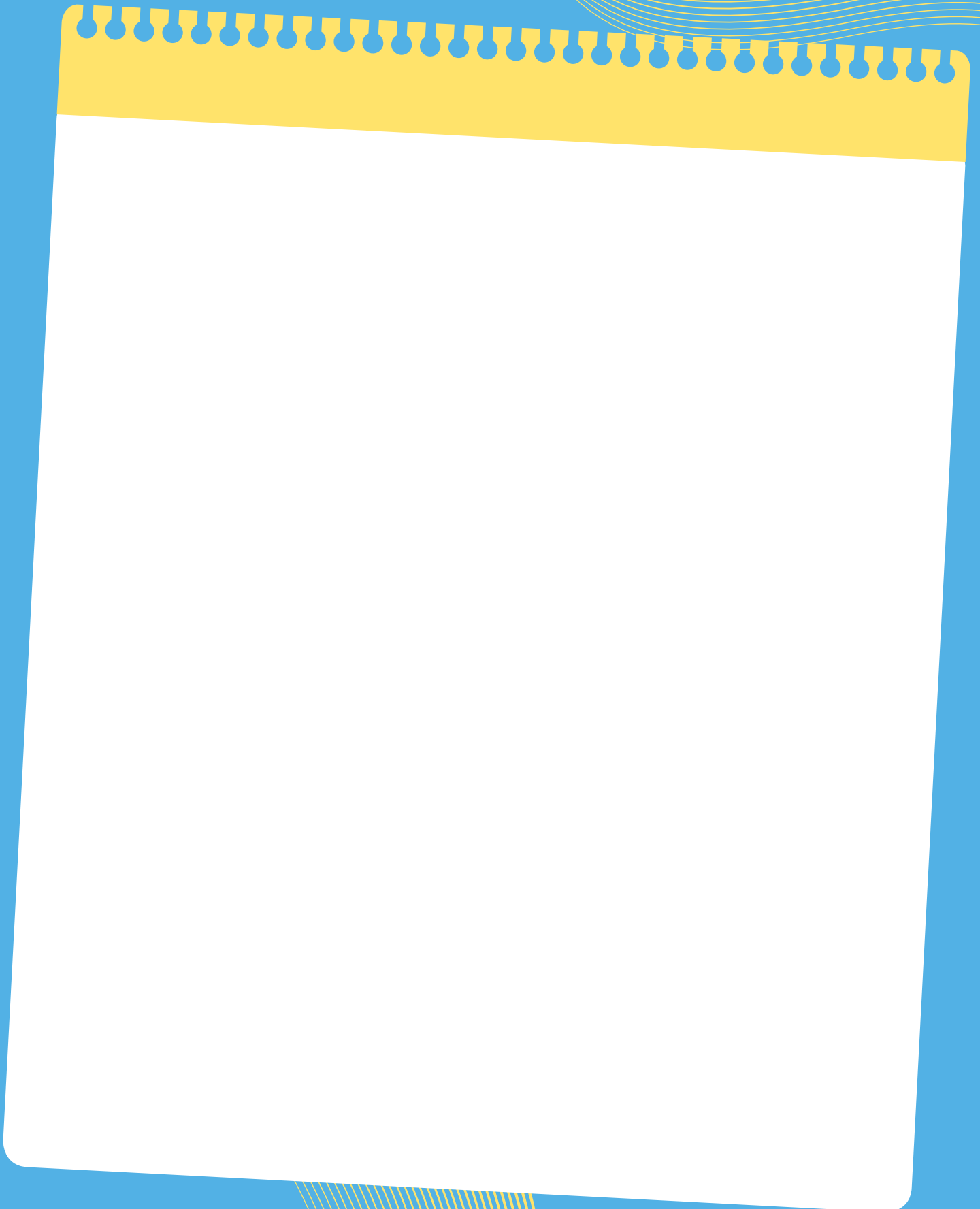
Things I do for others

Insert comments here



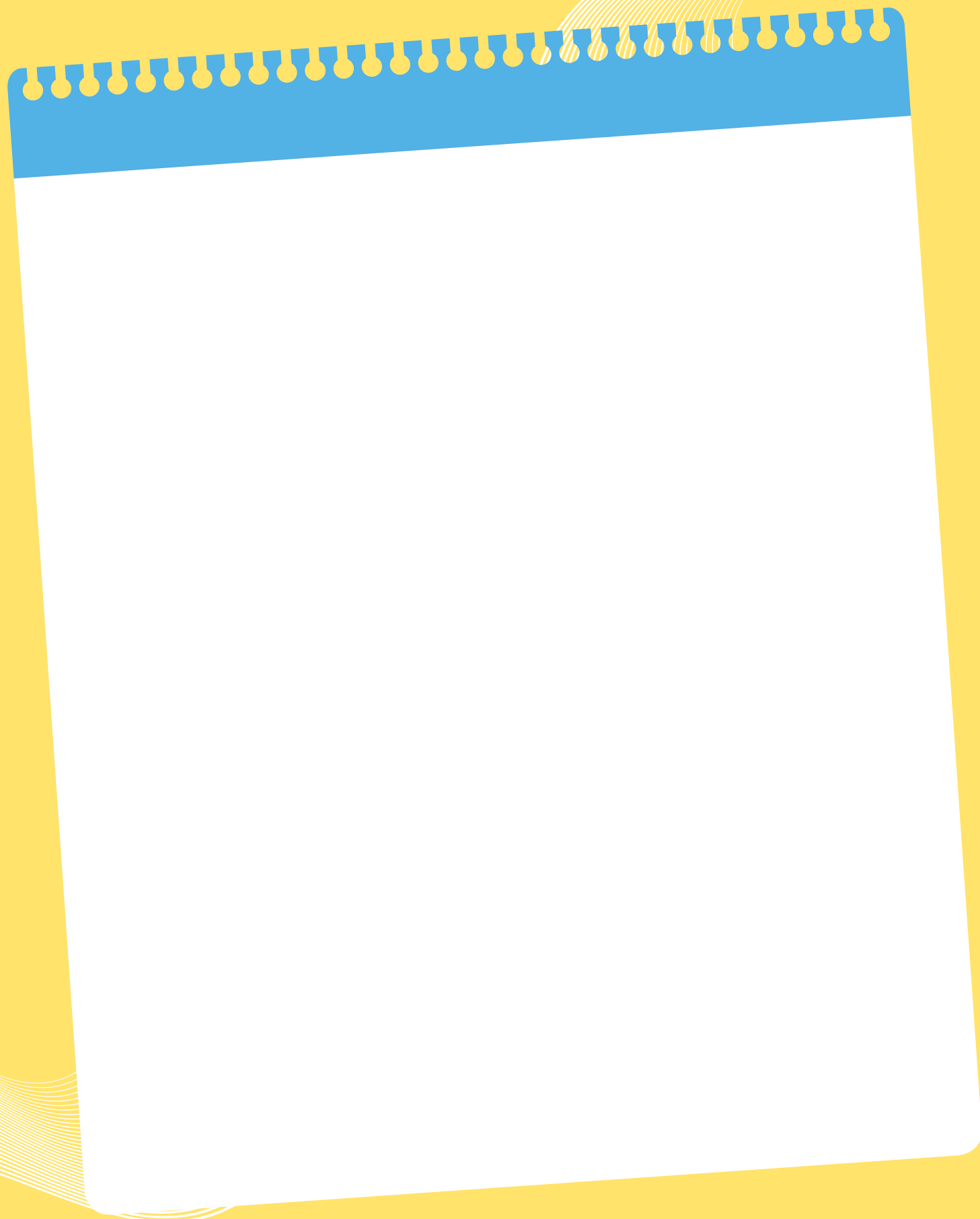
School/College Higher Education

Where are we now? - What do we need to learn about the future e.g. local colleges which courses - any support needs - travel - any funding needed.

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My transport and travel needs

Can I travel independently or do I need support - travel training - funding.



How I handle money

How will I cope with money for example budgeting, opening a bank account (Direct Payments - Personal budgets) my Independent Living Fund or Education Maintenance Allowance.



Things that upset me

Insert list here



Things you can do to calm me down

Insert list here of different ways/strategies that can be helpful to use if I become upset.



Please share this book with people who don't know me very well.

