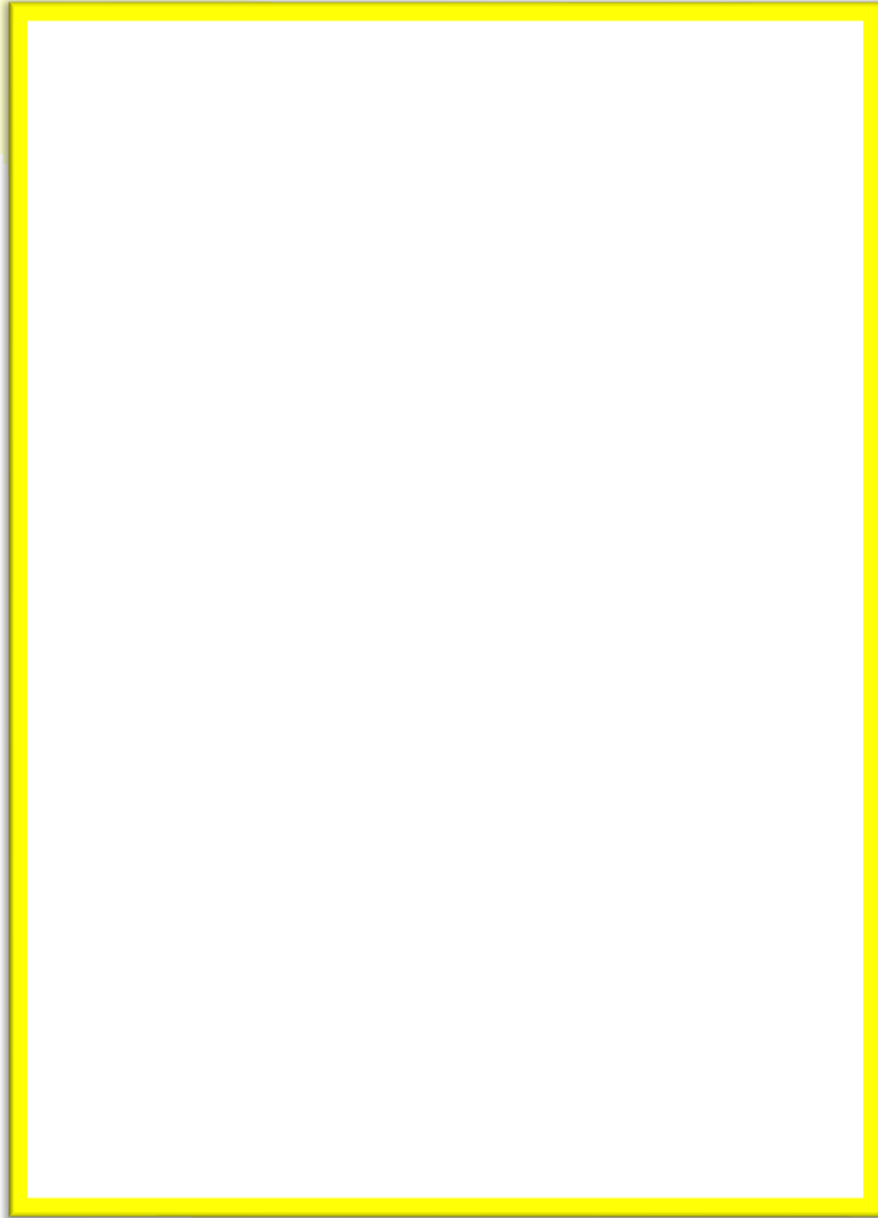


Updated: September 2013

My Care Plan



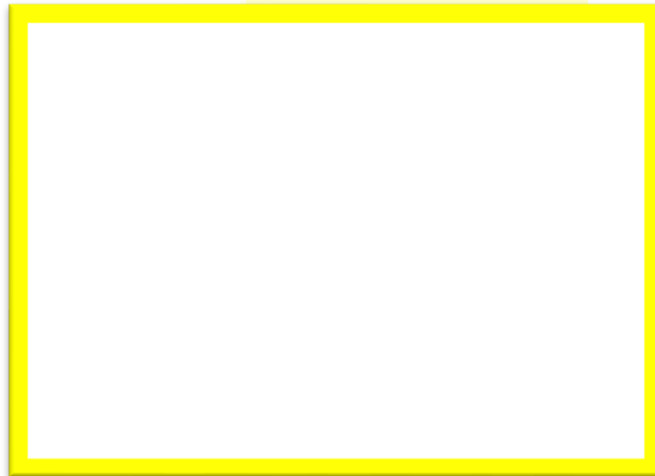
Name

Updated: September 2013

My Home



Address:



My Health

All young people are encouraged to become fit and healthy.

You will develop a routine to keep you fit and active and to manage your own hygiene.

If you are poorly or have any problems with your health you will be taken to see a health professional like a doctor or dentist.

Your **dentist** is:

Your next appointment is:

Your **doctor** is:

Anytime you need you can go to the doctors, just let us know!!!

Your **optician** is:

Your next appointment is:

Our aim for the next month is for you to:

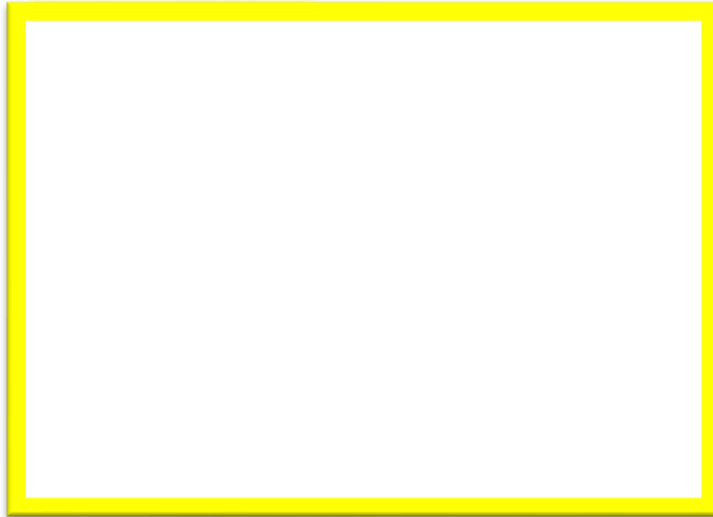
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- ✓
- ✓
- ✓
- ✓

Values

Your bedroom is your space so we want you to take care of it and make it comfortable and we hope you will make your room your own personal space. If you need help tidying up sometimes let us know, we're happy to help.

On a morning before you leave for school you should:

- Open your curtains
- Make your bed
- Tidy your floor/put everything away



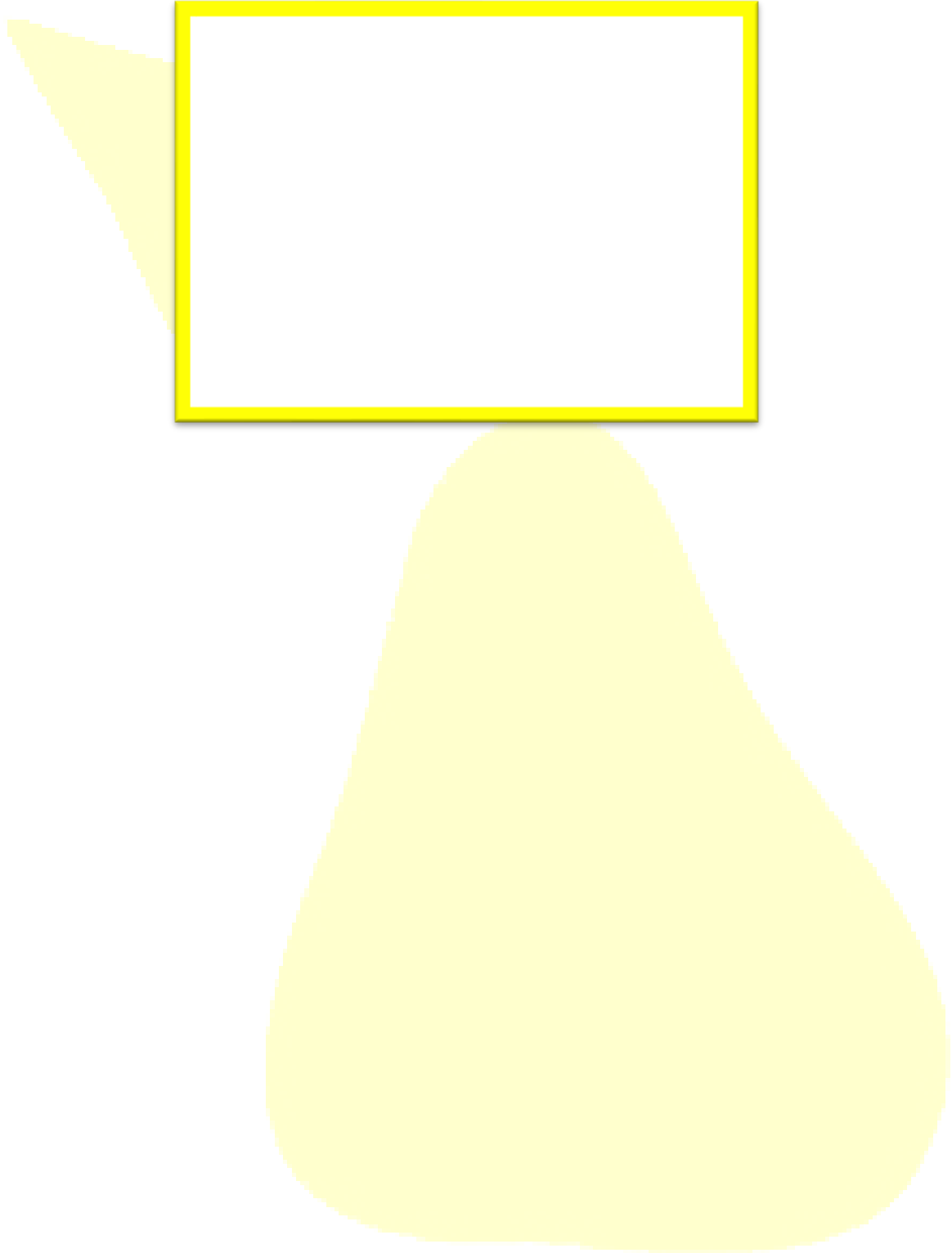
Each *** evening,** we will help and advise you to:

- Vacuum your room
- Dust and polish
- Tidy your clothes away
- And clean your bathroom and towels

If you'd like some posters and pictures to put up in your room then you can choose some, we want you to enjoy your own space.

Updated: September 2013

Behaviour



Updated: September 2013

Holidays and Activities



Updated: September 2013

Family



Important Numbers to remember:

Social Worker:

IRO:

David Bartlett: 07801 595 803

House Manager:

Family:

Updated: September 2013

Daily Routine

Morning

Evening

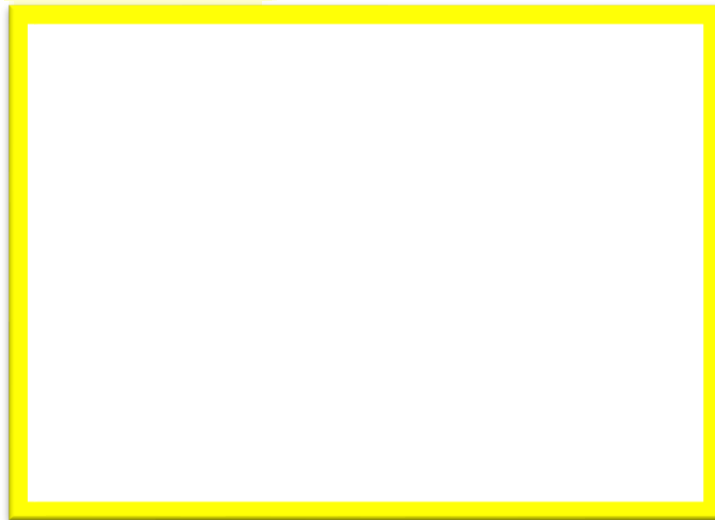


Last Month's Achievements

Here are a few of your best bits:

-

But, most of all, we are very pleased with you because...



Let's just go over your targets for this month

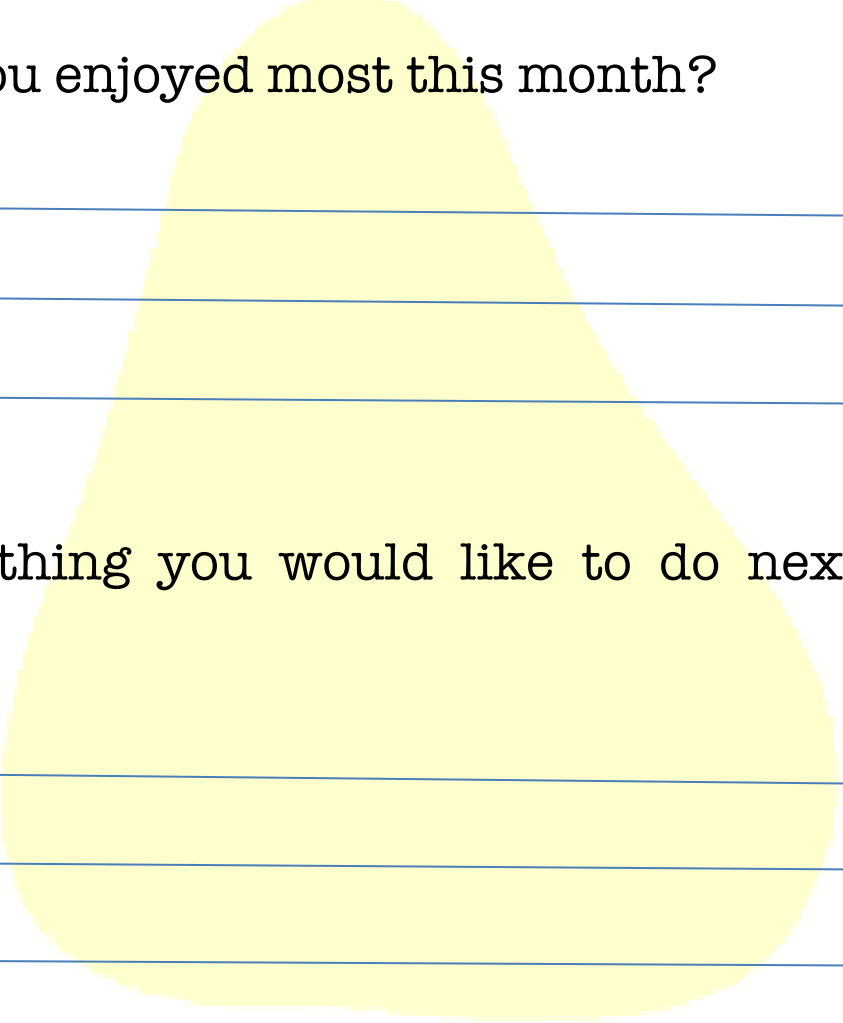
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Have your say...

Was there anything you disliked this month?



What have you enjoyed most this month?



Is there anything you would like to do next month?
