



My Short Breaks Profile

This is my Profile, it shows the activities that I am doing now, and the people and things that are most important to me. It includes my likes and dislikes and identifies the support I need to stay safe whilst having a fun experience.

This Profile will be used to find out what activities I want to do in the future and what benefits this will have for me and my family.

This Profile must contain all the tasks required to be done to ensure that I can take part in my chosen activities and considers appropriate risk assessments, staff training requirements, communication needs, dietary requirements transport arrangements, and cultural issues.

This Profile is completed with me and those closest to me and signed by everyone to agree the activities.

When this is completed it will be shared with the people who are going to provide my Short Breaks service so that they can start my Care Plan.



ALL ABOUT ME

My name is

My D.O.B is:

Date Profile Completed:

Me and My Family

Here is some information about my family and my day to day life

- Who I live with?
- My pets?
- My routines
- My culture and religion

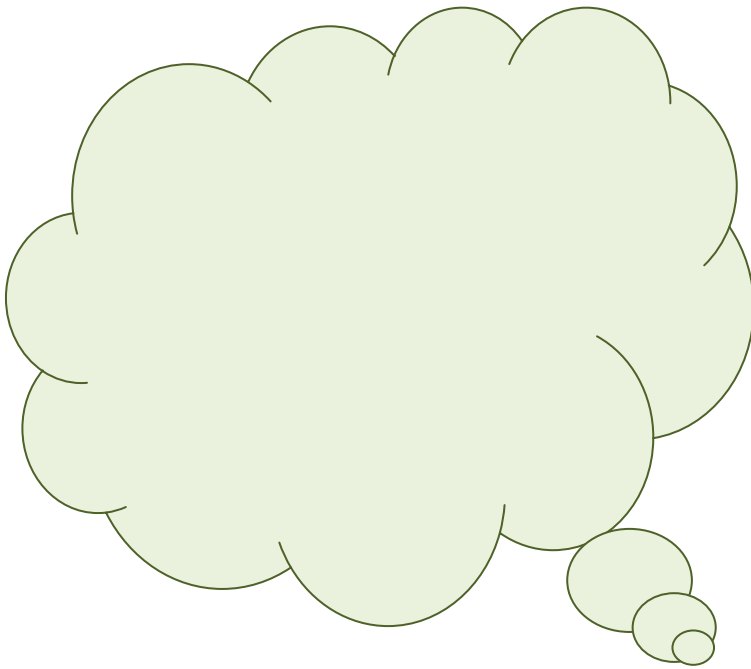
What I do And Where I Go Now

Here is a list of the places I go to, the activities I do and who helps me to do them

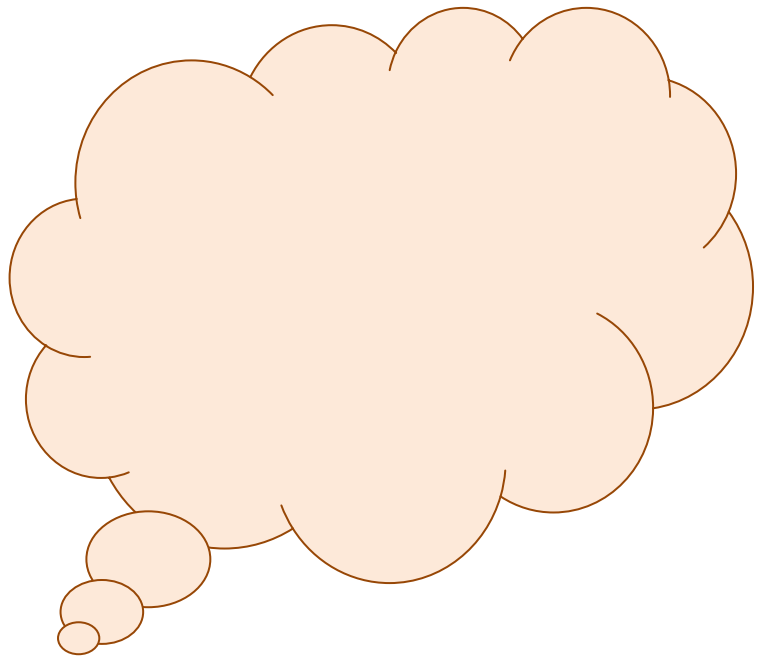
Time of week	What I do?
After School	
Weekends	
In School Holidays	

Important people or things in my life

Friends



Family

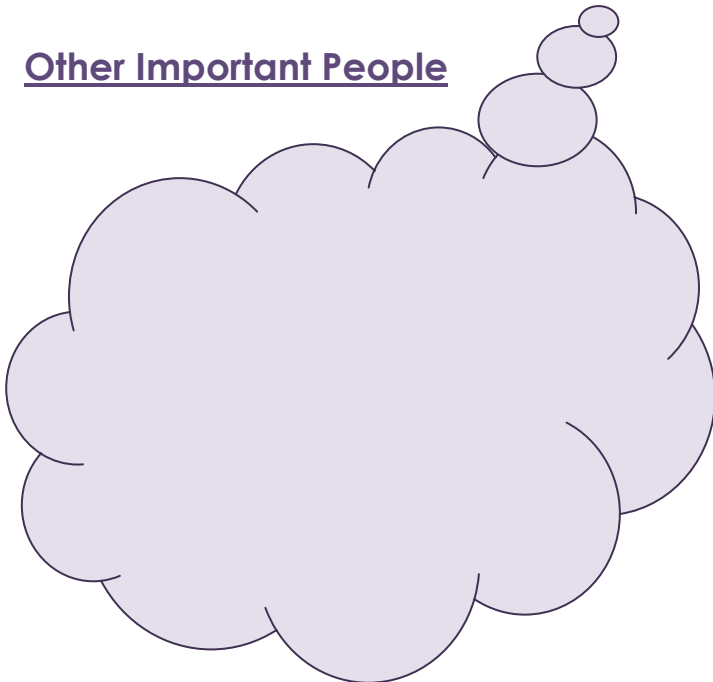


All of these are important to me



All of these are important to me

Other Important People



School Staff and Paid Supporters



My hopes and dreams for the future are.....

My Dream


Where I would like to live?

Who I want to live with?

What job I would like to do?

What I would like to do for myself?

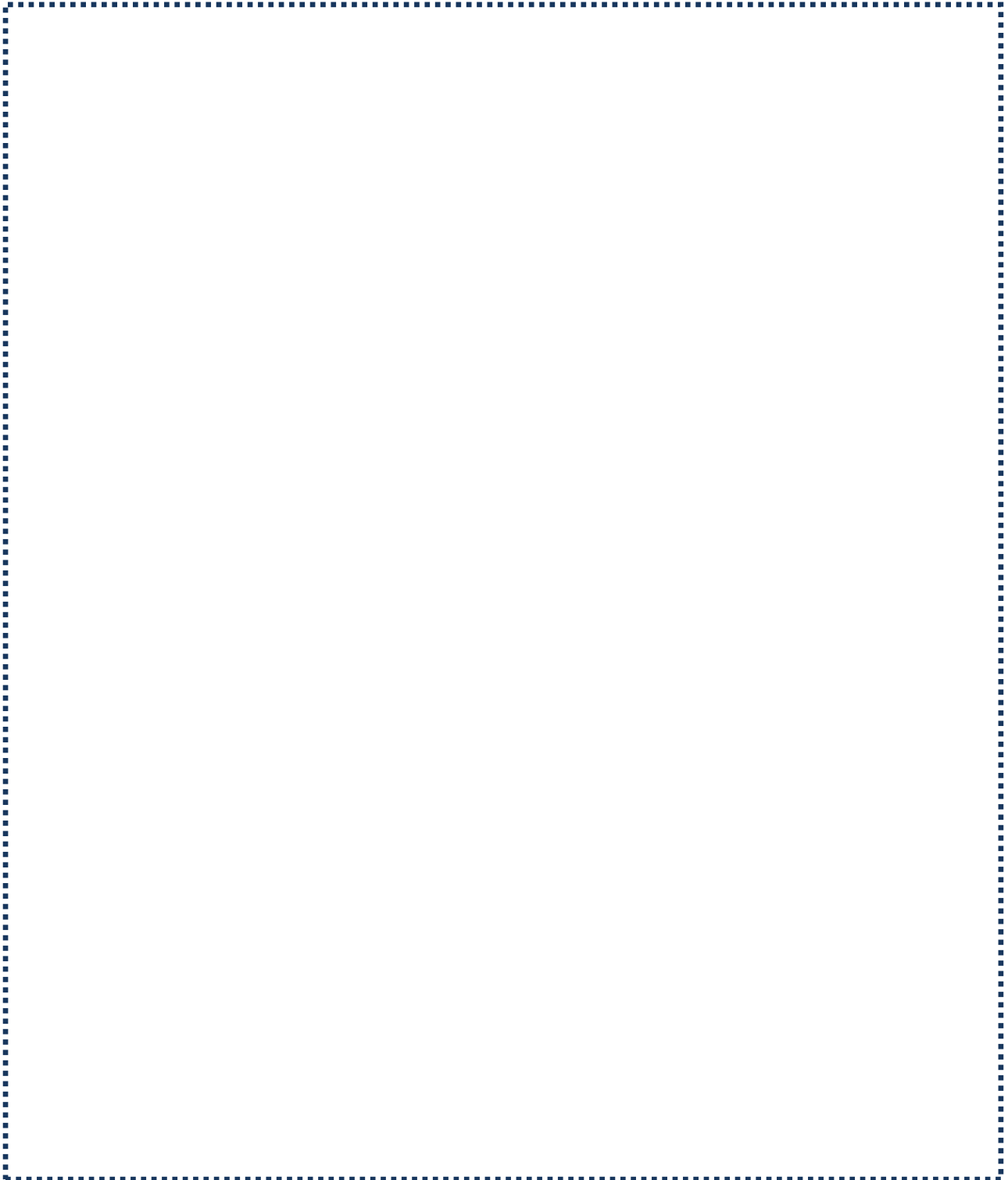
Things I like



Things I don't like

This might be anything that:

- ❖ upsets or frightens me
- ❖ makes me feel angry
- ❖ I don't like to eat or drink
- ❖ I don't like other people to do



Things I can do for myself are:

1.

2.

3.

4.

5.

What help I need to...

Keep me safe?

Keep me healthy?

Understand what is going on?

Let you know what I want?

Keep me happy?

Get out in the community?

How would this make life better for me....

1.

2.

3.

4.

How would this make life better for my family....

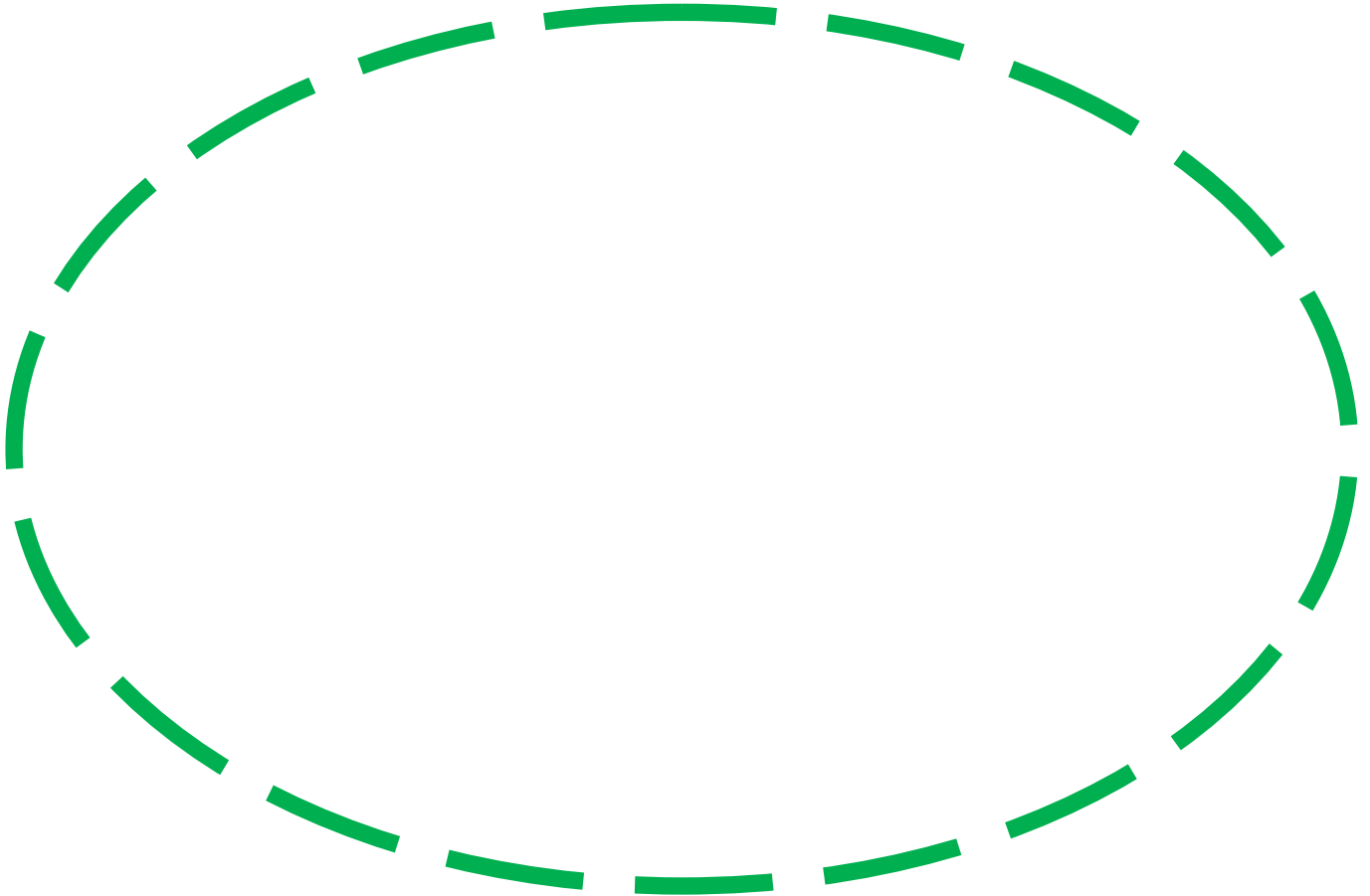
1.

2.

3.

4.

Anything else I want to tell you?



My Profile was completed with

Me:

My Parent/Carer:

My Worker: