

ME AND MY CARE PLAN REVIEW FORM



Supporting documentation
for adults assisting children
in care (5-8) to complete a
Care Plan Review form

Supporting documentation for adults assisting children in care (5-8) to complete a Care Plan Review form

The Care Plan Review form for children in care aged 5-8 is designed in a way to be engaging for children aged 5-8. It does not demand a lot of information from the child and it is not expected that much information will be recorded on the form for the child. The form for the child serves as a tool to engage the child and give you time to tease out the information needed. It also allows the child to write down or draw anything that they want to. This supporting documentation outlines some of the areas that may also need to be explored and documented when assisting the child in care to complete their form.

The questions on the Care Plan Review form for the child are outlined in the left column and the sample further areas to address/be aware of (as appropriate and relevant) are outlined in the right column.

Sample areas to address/be aware of

ALL ABOUT ME!

- * **My name:**
- * **My age:**
- * **My favourite colour:**
- * **My favourite food:**
- * **My favourite tv programme:**
- * **My favourite thing to do:**
- * **My favourite person:**
- * **Other things i like:**

- * Form will help you tease through their favourite things;
- * Diverse Cultures & Ethnic Backgrounds (where applicable)
 - ? Are there any foods you miss eating?
 - ? Is there anything else about where you are from that you miss or need?
- * Further detail on the home environment.

NOTES

YOUR HOME

- * **What do you like about your home?**
- * **Tell me about your room**
- * **Is there anything you do not like about your home?**

- * Are you looked after well where you live?
 - ? Are you looked after the same as the other children who live there?
 - ? What type of food do you get to eat? Do you get enough to eat?
 - ? Where do you keep your special things e.g. photographs?
- * If the child feels that they have a voice/can speak up at home e.g.
 - ? Can you talk to your Foster Parents/Social Worker/Key Worker etc.
 - ? If you had a problem when you are in care, who would you talk to?

NOTES

YOUR FAMILY

- * **Who is in the picture?**
- * **Do you get to see everyone in the picture?**
- * **Is there anything else you want to tell me about your family?**

- * Children's understanding of what the term 'family' means is likely to vary considerably. Explore who is in the picture of the 'family' with the child;
- * Enquire about all family members e.g. parents, grandparents, siblings, aunts & uncles;
- * Determine if they get to see all of the family members that they want to see:
 - ? Is there anyone you don't see that you would like to see?
- * Enquire about safety of visits e.g. Do you feel safe/happy when you are visiting your family?
- * Enquire about the venue they meet in:
 - ? Where did you see them? Was that a nice place to see them?

NOTES

YOUR FRIENDS

- * **What are your friends' names?**
- * **Can you have your friends over to play at your home?**

Check if:

- * Child has friends/has made new friends (if in new location);
- * Child is still able to see old friends (if in new location);
- * Friends are suitable and not bullying child.

NOTES

SCHOOL

- * **What do you like about school?**
- * **What do you not like about school?**

- * Be aware that the child may not like school/go to school regularly.

NOTES

YOUR FEELINGS

- * **What makes you happy?**
- * **Who do you tell if you are sad?**
- * **Is there anything you are sad about that you want to tell me about?**

- * Mental Health & Wellbeing;
- * Bullying e.g. Have you ever been bullied?
- * Medical Issues, GP, Medical Card e.g. Do you feel healthy?
- * Dentist.

NOTES

YOUR SOCIAL WORKER

- * **What is your Social Worker's name?**
- * **When do you see her or him?**

- * Relationship with Social Worker;
- * Relationship with other professionals that they are in contact with through the care system e.g. GALs, Speech & Language, OT.

NOTES

YOUR MEETING

Making sure you are taken care of is really important to us! The people who take care of you meet together to talk about all of the things you need to make sure you are taken care of properly. The 'meeting' is ALL about YOU!

What would you like to talk about at the meeting?

The person helping you to fill out this form will tell you more about this meeting and then YOU can decide:

*** Would you like to go to the meeting?**

* Depending on the age and maturity level of the child, you should explain what a Child in Care Review meeting is and ascertain what they want to say and whether they want to attend the meeting.

- ? Would you like to go to the meeting?
- ? Who else would you like to go to the meeting?
- ? Is there anyone who you don't want to be at the meeting?
- ? Where would you like the meeting to be?
- ? What would you like to say at the meeting? Do you want anyone to help you say that?

NOTES

Handwriting practice lines for notes.