

All About Me

Your personal profile to help provide the best individual support for adults with a learning disability or autism in Essex



My name.....

Date.....

Introduction

Hello,

We have provided you with the **All About Me** pack so we can learn all about you!

This will help you in your next Care Act review and when we help to talk about what is working now - and your hopes for the future.

This is a way for family, carers and people who help you, to understand what is really important to you and help you to lead a healthier and happier life. We want to create support that is right for you.

Some people may need assistance when filling out the **All About Me** sections.

You may need help from your family or carer with some of the wording and meaning of the sections. It is very important you are fully involved in giving all the information and that all the answers come from you. The plan doesn't need to be completed in one go, please take your time!

Alison Ansell, Service Manager, Adult Social Care, Essex County Council

How I like to receive information (please circle)

Face to face **Yes or No**



A video call **Yes or No**



A phone call **Yes or No**



Email Yes or No



What helps me understand information?

Pictures Yes or No



Easy read Yes or No



Time to think about things Yes or No



Talking to someone Yes or No





Things I like





**Things I
don't like**

**What is important
to me?**

**What isn't important
to me?**

What makes a day good for me?

 Good day	 Bad day
What helps me to have more good days?	



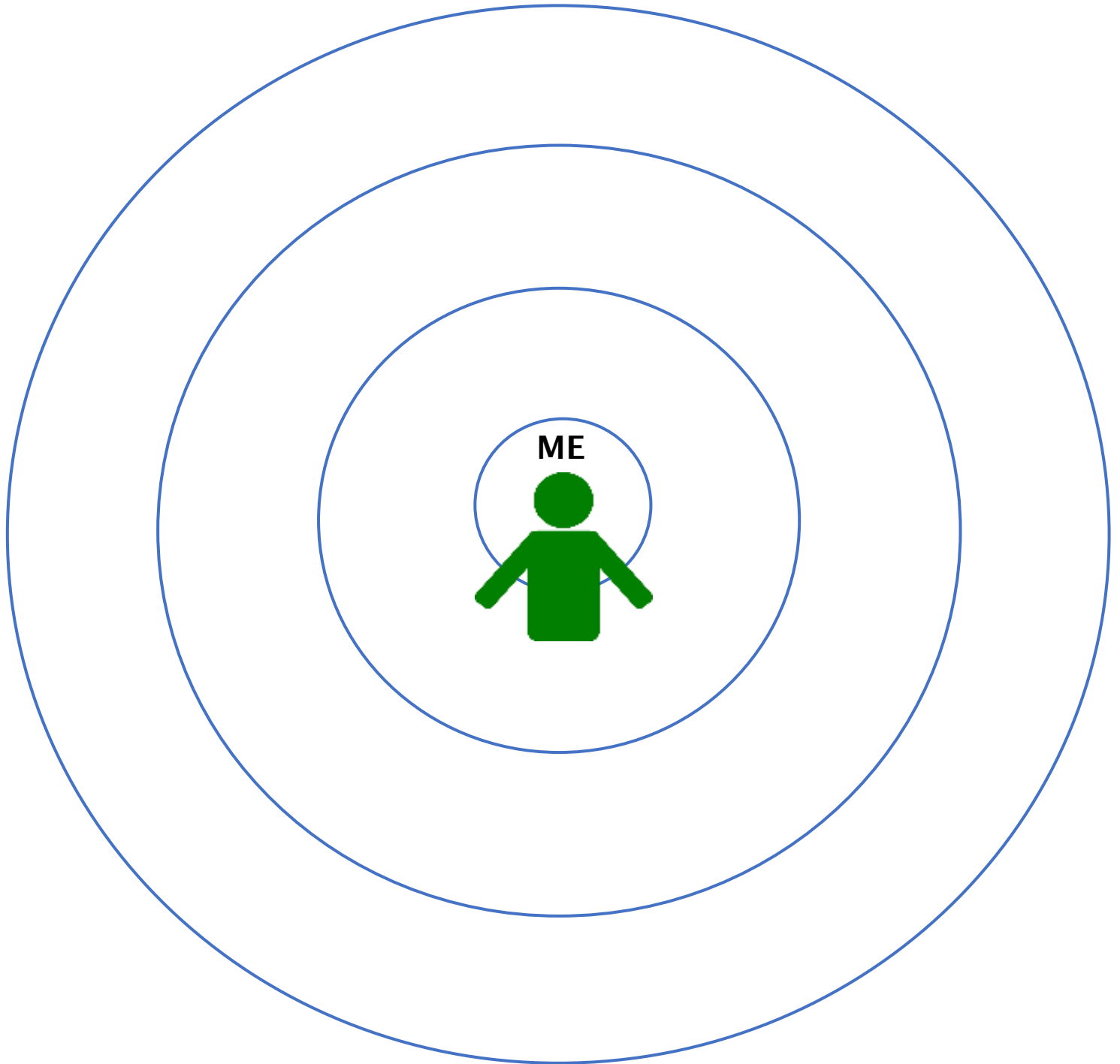
What is important to me in my daily routine?

What do I enjoy doing in my daily routine?

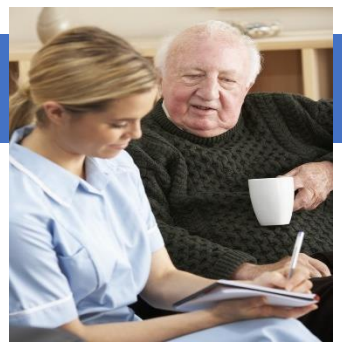
What makes me unhappy about my daily routine?

The people in my life

Who is important to me? (please fill in)



My health



My NHS number:

Annual Health Check Date:

I have a Health Check Action Plan in place: Yes or No

What do others need to know about my health?

What keeps me healthy and feeling well?

My health

What would make me feel healthier?

If I talk to someone about my health, what makes it easier?

My goals



My Goals	What does good look like?	How can I make this happen?	What can my circle of support do?	What other support do I need?	When will this happen?
1					
2					
3					
4					
5					

Helpful information

Living Well Essex

Essex County Council's Living Well Essex website provides information, advice and guidance for adults, families, carers, providers and other professionals.

<https://www.livingwellessex.org/>

Thinking Ahead

This guide has been produced by the Foundation for People with Learning Disabilities in response to what people with learning disabilities, their parents and siblings have been asking for years: what is going to happen in the future, and how can we shape it?

<https://www.livingwellessex.org/media/659101/im-thinking-ahead-26-april.pdf>

Person Centred Planning

Person-centred practice ensures we truly listen to the adults we support, understanding what is important to them and keeping the adult as central to all decision-making, how support is commissioned, provided and organised. There are a range of organisations offering practice resources and information, the Helen Sanderson website is a good starting point:

<http://helensandersonassociates.co.uk/person-centred-practice/>

Annual Health Checks (Adults with a learning disability or autism)

People with a learning disability can have a free health check every year to help them stay healthy, their Annual Health Check should result in a Health Check Action Plan to make sure they receive the very best healthcare. The North Essex CCG website provides further guidance on Annual Health Checks but also some other great health resources and advice.

<https://www.neessexccg.nhs.uk/learning-disabilities>

Communication

The Meaningful Lives programme is based across adult social care departments in Essex. It shares the drive and passion to make the county the best place it can be for people with a learning disability and/or autism and their carers and families. Follow its progress here:

<https://www.facebook.com/MeaningfulLivesEssex/>

Inclusive Communication Essex (ICE) is a resource providing access to photo symbols and easy read information

<https://www.essexice.co.uk/>