

**NOW**

**TAMARIKI AND RANGATAHI**

# Goal Plan

**FUTURE**

Child Friendly Version

This plan will help you to:

**Get to know me**

**Look after me**

How I feel and How I show it

**My name is:**

**I like to be called:**

**My gender is:**

**I was born in:**

**My birthday:**

**I was born on**

**I am**

**years old**

**I am**

**months old**



# My people

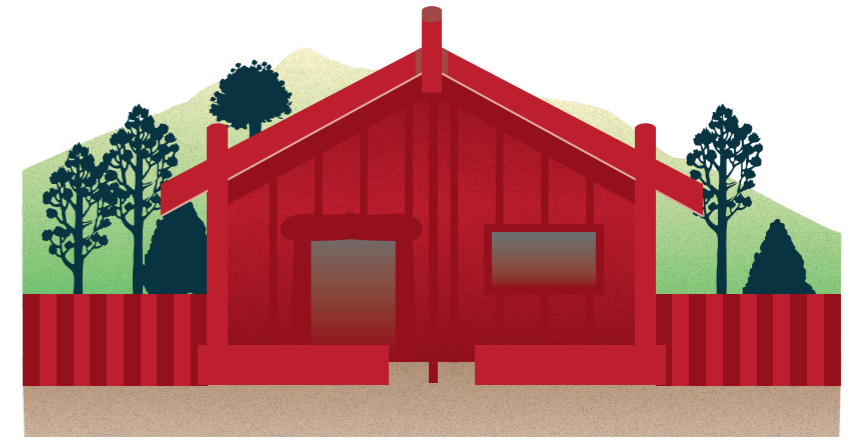
My communication,  
My languages

I understand:

I speak:

# Where I come from

My whānau,  
hapū and iwi:



My maunga, marae,  
awa, tipuna:

# My whānau & important people in my life

YOU CAN  draw  write  
 tello





My school, kohanga, kura, wananga:

My Class / My course:

My teacher is:

The people that help me learn:



The adult I can talk to at school /  
My go-to person is:

# My health

YOU CAN



write  
tello



## GP

Doctor at the Health Centre.

My GP said:

## Paediatrician

Special doctor for children and young people.

My Paediatrician said:

## Optician

Eye doctor – checks eyes and seeing.

My Optician said:

YOU CAN



## Immunisations

Injections that keep me safe from things like measles, chicken pox etc.

## Audiologist

Ear doctor – checks ears and hearing.

My audiologist said:

## Dentist

Checks my teeth.

My dentist said:

## Allergies

Things that make me sick, like nuts, dairy, eggs etc.

# My health

YOU CAN  

This is what the  
doctor says about me:





**My health  
needs**

**The medication  
I need – cream,  
tablet, medicine etc**

**Other things  
that might help**

<b>My health needs</b>	<b>The medication I need – cream, tablet, medicine etc</b>	<b>Other things that might help</b>

# Here are the people helping me

YOU CAN



**My  
social  
worker**

**Name:**

**Phone:**

**Email:**



**My  
carers**

**Name:**

**Phone:**

**Email:**



**My  
lawyer**

**Name:**

**Phone:**

**Email:**

YOU CAN



# Other important people helping me

**Name:**  
\_\_\_\_\_

**Phone:**  
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**Email:**  
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# Hopes, dreams and wishes for

**NOW**

**My hopes, dreams, wishes for now.**

YOU CAN



draw



write  
hello

# good things in my life



## FUTURE

My hopes, dreams, wishes for the future.

YOU CAN  draw  write  
hello



# Hopes, dreams and wishes for

**NOW**

**The hopes, dreams and wishes whānau and other important people have for me now.**

YOU CAN



draw



write

hello

# good things in my life



## FUTURE

The hopes, dreams and wishes whānau and other important people have for me in the future.

YOU CAN  draw  write  #ello



# Things I am good at

YOU CAN  

**Stuff that's tricky or  
stuff that annoys me**



**What helps with tricky  
or annoying stuff**



**Food I Like**



---

# Food & drink

YOU CAN



**Food I don't like**  
**Food I can't eat**

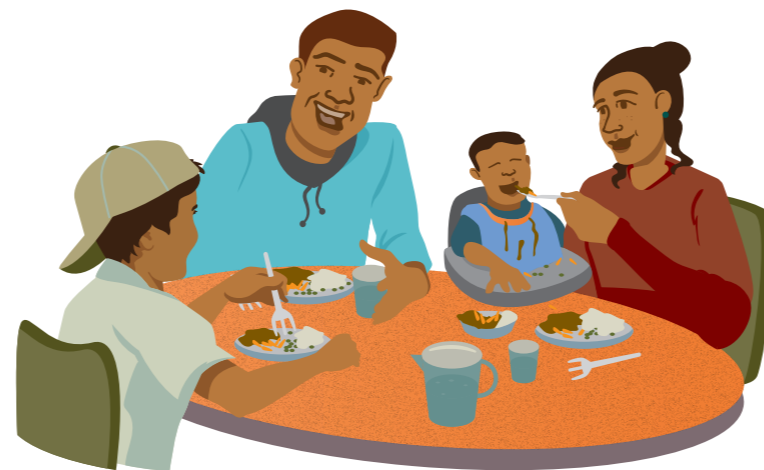
## My worries and fears about this

I can't  
live at  
home

YOU CAN  

## Things that will help me feel better

## The things I want to know about my caregivers...



YOU CAN draw write  
😊 ✎ hello ✎

**The things I want them to know about me...**



# My routines = things that help me



YOU CAN  draw  write  
Hello

**Sleep well:**

**Get everthing done:**

YOU CAN  

**Relax:**

**Feel good:**

**Feel safe:**

# Things that are important to me

YOU CAN  

**My belongings that are important to me**

**Wairua, Things I believe in (Spirituality)**

**Things I like and don't like**

**Other stuff that is important to me**



# Learning stuff

## My progress

YOU CAN





### Things that are going well



### Things I need help with

# My visits

# Who I can see

	Monday	Tuesday	Wednesday
			
			
			

# Who, when, where?

Thursday	Friday	Saturday	Sunday

# Staying connected with whānau, family, and people I care about

**I can stay in contact with**

**No. Why not?**



**How I will stay in contact with whānau, family, and people I care about**

Five large, empty rectangular boxes stacked vertically, intended for writing responses to the section header.

NOW

FUTURE

# My plan



# My plan



What I need now

What I need in the future



Who will do this?  
When will they do this?

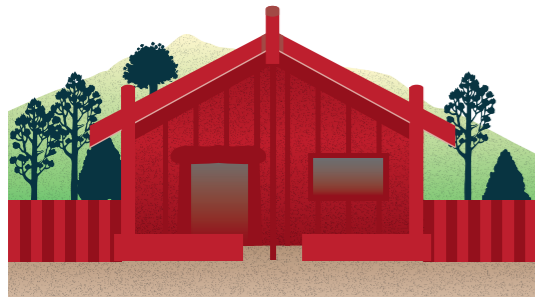
You can draw and write on this plan



NOW

FUTURE

## My identity and culture



## My connections with my whānau, hapū, iwi and people I care about



PART  
C

Review – we'll check the plan on:

# My plan



What I need now

What I need in the future



Who will do this?  
When will they do this?

You can draw and write on this plan



NOW

FUTURE

## My safety



## My health



PART  
C

# My plan



What I need now

What I need in the future



Who will do this?  
When will they do this?

You can draw and write on this plan



NOW

FUTURE

How I feel and



How I show it

## My learning



# My plan



What I need now



What I need in the future

Who will do this?  
When will they do this?

You can draw and write on this plan



NOW

FUTURE

## My disability support needs



## My play and things to do in my free time



PART  
C

# My plan



What I need now

What I need in the future



Who will do this?  
When will they do this?

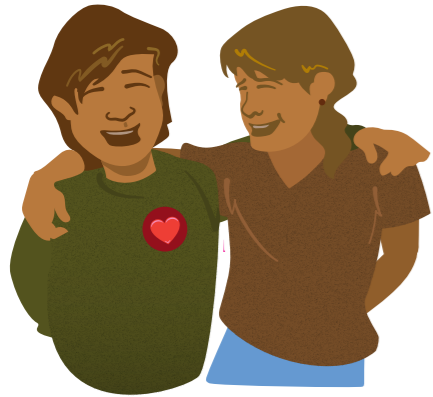
You can draw and write on this plan



NOW

FUTURE

## My friends



What I have

What I need now

What I need in the future

## My stuff

