



TAMARIKI

All About Me

PLAN

NOW

FUTURE

How I feel and

How I show it

This plan will help you to:

Get to know me

Look after me

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

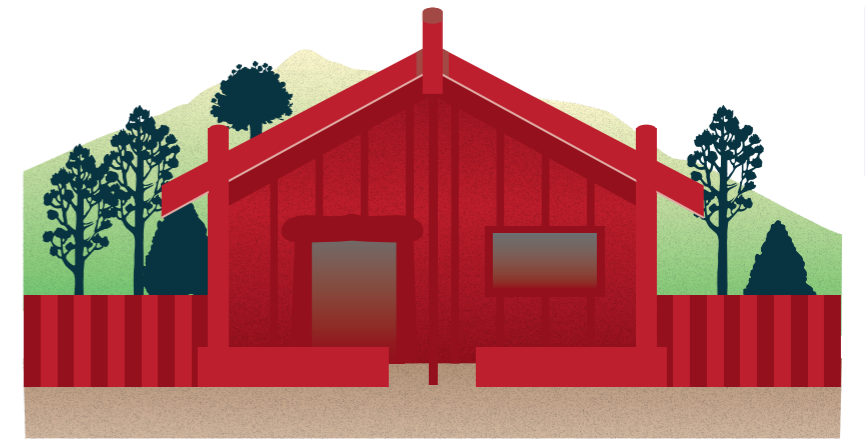
My communication,
My languages

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



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 draw 



GP

Doctor at the Health Centre.

My GP said:



Paediatrician

Special doctor for children and young people.

My Paediatrician said:

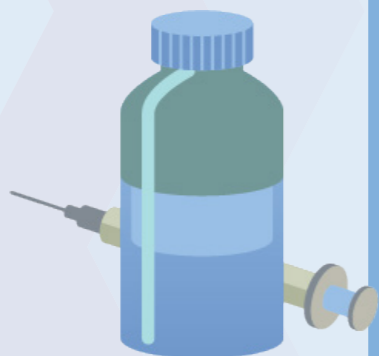
Emotional



YOU CAN draw

Immunisations

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



Audiologist

Ear doctor – checks ears and hearing.

My audiologist said:



Dentist/ Dental assistant

Checks my teeth.
My dentist said:



Optician

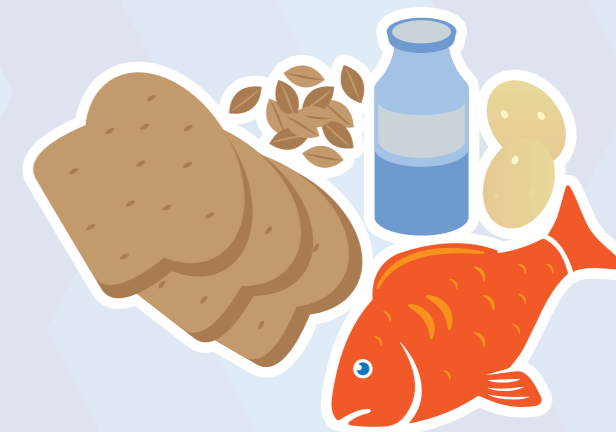
Eye doctor – checks eyes and seeing.

My Optician said:



Allergies

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



My health

YOU CAN
draw



This is what the
doctor says about me:



My health



**My health
needs**

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

**Other things
that might help**

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

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:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

Name:

Phone:

Email:

Hopes, dreams and wishes for



NOW



My hopes, dreams, wishes for now.

YOU CAN
draw 

good things in my life



FUTURE

My hopes, dreams, wishes for the future.



Hopes, dreams and wishes for



NOW

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

YOU CAN

draw



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  



Things I am good at

YOU CAN  draw 

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

**What helps with tricky
or annoying stuff**



Food I Like



Food & drink

YOU CAN   draw



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

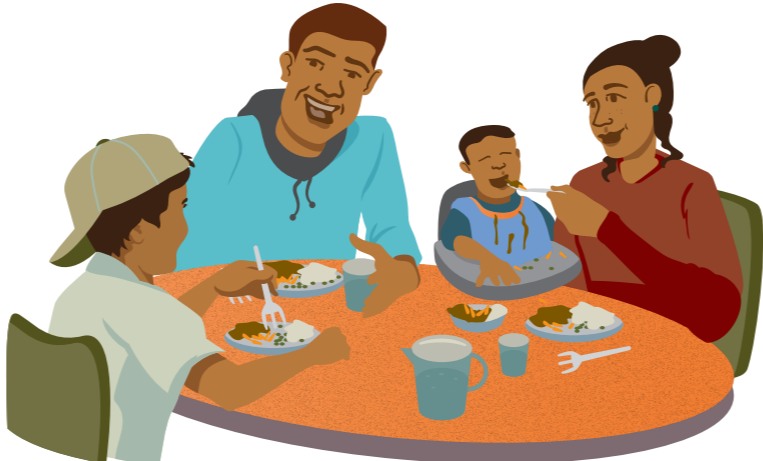
My worries and fears about this

I can't
live at
home

YOU CAN   draw

Things that will help me feel better

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



YOU CAN 

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



My routines = things that help me



YOU CAN draw 

Sleep well:



Getting things done:



YOU CAN draw 

Relax:



Feel good:



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  draw 




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.



My plan

You can draw



What I need now

NOW

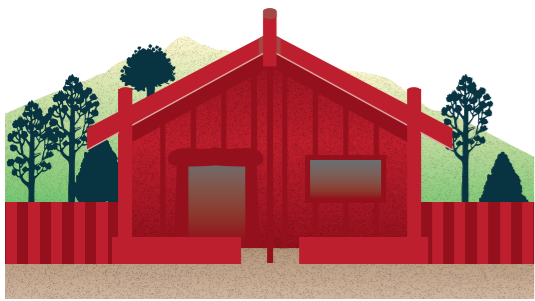
What I need in the future

FUTURE



Who will do this?
When will they do this?

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



NOW

FUTURE

My safety



My health



My plan



What I need now

What I need in the future



Who will do this?
When will they do this?

You can draw



NOW

FUTURE

How I feel and



How I show it

My learning



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



My disability support needs



My play and things to do in my free time



My plan



What I need now

What I need in the future



Who will do this?
When will they do this?

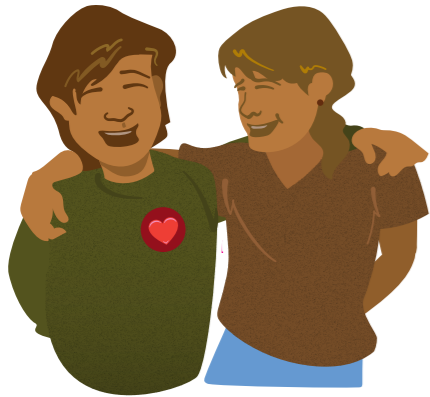
You can draw



NOW

FUTURE

My friends



What I have

What I need now

What I need in the future

My stuff

