



**NOW**

**TAMARIKI**

# All About Me

**FUTURE**

**PLAN**

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

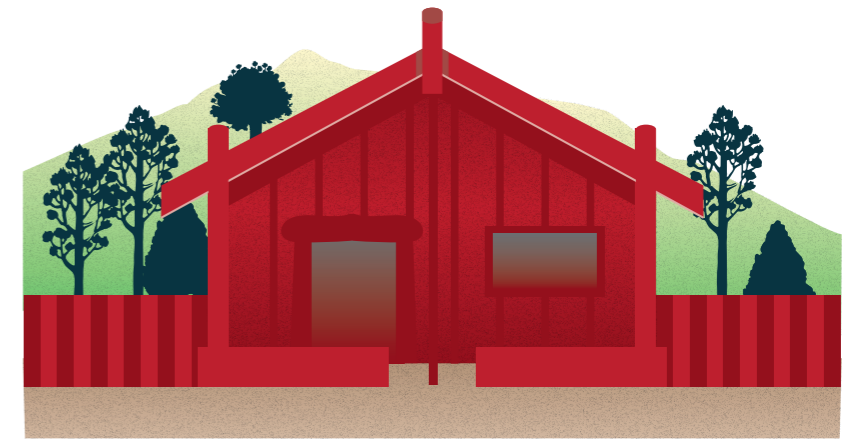
My communication,  
My languages

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  
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  draw  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  
draw  write   
tello

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  draw  write  
 

# Other important people helping me

**Name:**

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**Phone:**

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**Email:**

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**Name:**

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**Phone:**

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**Email:**

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**Name:**

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# Hopes, dreams and wishes for

**NOW**

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



# good things in my life



## FUTURE

My hopes, dreams, wishes for the future.

YOU CAN  
draw  write   
 tello 



# Hopes, dreams and wishes for

**NOW**

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

YOU CAN  
draw  write  
 tello 

# 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   
 tello 





# Things I am good at

YOU CAN  

draw

write



hello

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

**What helps with tricky  
or annoying stuff**



**Food I Like**



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# Food & drink

YOU CAN



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

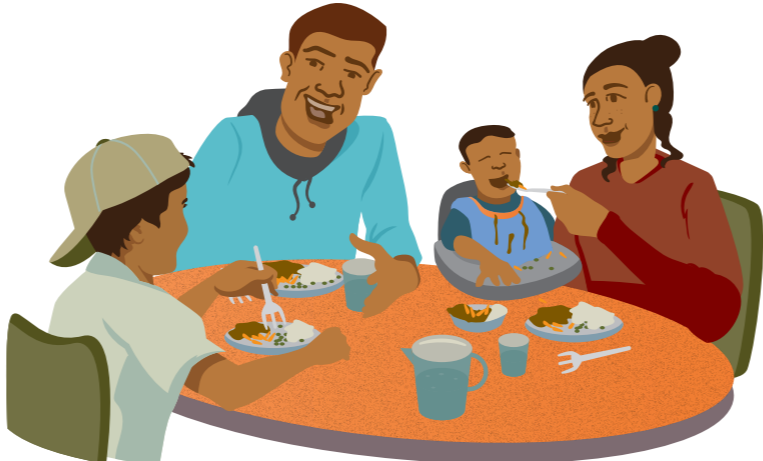
**My worries and fears about this**

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  
tello

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



# My routines = things that help me



YOU CAN



**Sleep well:**

**Get everything 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 draw  write   
 tello


### 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**

Empty text box for notes.

Empty text box for notes.

Empty text box for notes.

Empty text box for notes.

Empty text box for notes.



NOW

FUTURE

# My plan



# My plan

You can draw and write on this plan



What I need now

NOW

What I need in the future

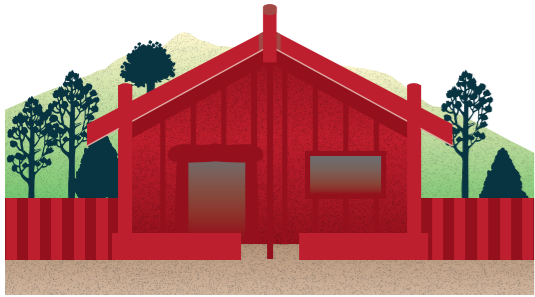
FUTURE



Who will do this?  
When will they do this?

PART  
C

## 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



# My plan

You can draw and write on this plan



What I need now

NOW



What I need in the future

FUTURE

Who will do this?  
When will they do this?

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 disabilities

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?

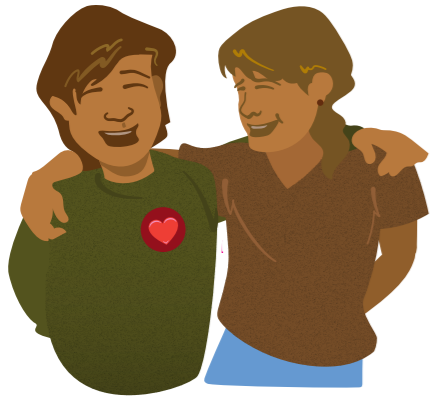
You can draw and write on this plan



NOW

FUTURE

## My friends



What I have

What I need now

What I need in the future

## My stuff

