

Completing the 'All About Me' section of EHC Plans - also known as Section A

A guide for
young people

www.bromley.gov.uk/localoffer



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Introduction



In 2014 Education, Health and Care Plans were introduced by the Government. These are also known as EHC Plans and replaced Statements of SEND - special educational needs and disabilities.



In Bromley we recognise:

- the aspirations, views, wishes and feelings of the child or young person, and the child's parents.
- the importance of the child or young person, and the child's parents, taking part as fully as possible in decisions, and being provided with the information and support necessary to help them to take part in those decisions.



Where children and young people have an Education Health and Care Plan they will be supported to contribute their views and opinions in the best way with the support of their chosen supporter or advocate where necessary.

This guide will help you to complete Section A of your EHC plan which is the part where you give information about yourself and your views.



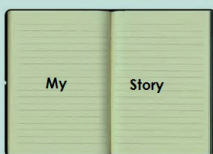
More information about EHC plans can be found on the Local Offer website at www.bromley.gov.uk/localoffer

The 'All About Me' section of EHC plans - Section A

The 'All About Me' section has smaller sections to record your views. You can also tell us about:



Your views, interests and aspirations



Your story



How you and your family took part in providing information

Completing the 'All About Me' section of EHC plans

You can tell us about:



Your views, interests and the things that are important to you.

List the things that you like to do or like to have around. This could be regular routines or seeing friends or family.



Things that work well for you at home, school or college.

List things that make a good day for you. This could be having support with learning or regular movement breaks.



Important information about you.

List what people like or admire about you.
List 3 great things about yourself.



Things you enjoy.

This could be a favourite band or a special hobby like using your mobile phone?



Things you find difficult.

List the things that you would like to improve or change.



How best to communicate with you.

Some people use words, other people like to write things down and others use a communication device. Use this space to let everyone know how you like to communicate.

Your hopes for the future - these are your 'aspirations' and they are central to your EHC Plan.

What would you like to achieve in the future?

Tell us what your aspirations or dreams are and how to get there.

What would you like to have in your life? A job, a home of your own? A family of your own?

Let everyone know what you want your life to be like.





What is important for you.

This might include having regular medication or health checks, or things you need to help manage your feelings.



Things I would like to change at home, school or college.

Let us know what your perfect week might look like. It might help to write this down in a chart like this one.

Here's an example chart:

What's important to you	What's important for you
Staying in touch with your friends (Jack, Joe and Amy) and making new ones.	You need to know when things are going to happen like a trip or a visit.
Your mobile phone.	You need choices—what you eat, where you go.
To choose what you eat.	You get anxious so when you are worried or shaky you need some time alone.
To do things in your own time and not be rushed.	Talking helps you, but you need to do this when you are ready—don't ask me lots of questions.



It's a good idea to get the chart completed by different people involved in your life to get a balanced picture.

You

Family

School

Others (such as your carer)



Completing these steps means you should have enough information to complete the 'All About Me' section of your EHC plan.

If not, go back and check through again, talk to other people and see what they think.

Who can provide information?

The information to complete Section A comes from different places:



You



Your family



Meetings between you and school staff



Meetings with your parents or carers, other professionals and other people who know you well



This is called Person Centred Planning



Useful contacts

Statutory Assessment Team

The team in the local authority who facilitate and manage the statutory process.

Email: **SENadmin@bromley.gov.uk**

Telephone: **020 8313 4739**

Address: **Civic Centre, Stockwell Close, Bromley, BR1 3UH**

Bromley IASS - Bromley's Information, Advice and Support Service

Telephone: **020 8461 7630**

Email: **iass@bromley.gov.uk**

Website: **www.bromleyiass.org.uk**

Helen Sanderson Associates

More examples and explanation about the strengths of person centred practice can be found at: Website: **www.helensanderson.co.uk**

Dimensions UK

Dimensions UK offer a person centred thinking e-learning course.

Website: **www.dimensions-uk.org/about-us/person-centred/**

Communication Matters

Further information to support person centred approaches

Website: **www.communications.org.uk**

