



# MORE ABOUT ME

## BEING SAFE, WELCOME AND ABLE TO TAKE PART

\*\* Some parents may have given info to previous professionals and then found the info was used to exclude their child rather than include their child. Our conversations and the completion of this form are taking place to make sure that your child is safe, welcome and able to take part. \*\*

### WHAT WE NEED TO DO

**Feeling Included** - specific likes and dislikes, having a particular person identified to provide support, the session not being too noisy, participation in groups, etc.

What does your child like? eg Dr Who, Wii games, football, music, cars, having someone in the activity to talk to when something is 'wrong', being listened to.

What does your child not like? eg salt and vinegar crisps, being touched, bright lights, loud noises, shouting, everyone standing up talking when they are in a wheelchair, waiting.

What worries your child? eg large groups, loud noise, not knowing anyone, not knowing what is going to happen, bullies, dark places.

How can we tell? eg will hold hands, start crying, hit someone, try to run away, might start hurting themselves. See also Communications section below. This will need discussion.

What do you want us to do? eg take her/him somewhere quiet, give them something to chew (sweet/biscuit), hold them tightly, talk quietly to them, stroke their hand.

Are there other particular behaviours we need to know about? Are there triggers? What can we do to minimize them? How should we respond if the behaviours occur?

**Medical** - this may include any diagnosis, regular or emergency medication, allergies or details of medical conditions, and what we need to do about them.

Does your child have any allergies? eg Antibiotics, Elastoplasts, any medicines, food etc? If yes, discuss.

Does your child have a medical condition that requires emergency and/or regular medicine? eg inhaler, Ritalin, steroids or anti inflammatory etc. If yes, medical sheet and discussion required.

Does your child have any specific issues that we need to know about to make them comfortable? eg circulatory issues – moving them around, pain or tiredness if in one position too long, vision/hearing impairment, high/low pain threshold, prompting to go to the toilet, sensory sensitivities etc. If yes, discuss.

Is there anything we should include or avoid? eg flashing lights, sudden/loud sounds. If yes, discuss.

**Communication** - this may include: sign interpretation, makaton, communication boards, assistive technologies, symbols, induction loops, braille, simple language etc.

Is English their first language?

How good is your child at communicating with others – children and adults? eg has ASD, language or hearing difficulties, learning difficulties. If not good, discuss.

How does your child prefer to communicate? eg sign interpretation, makaton, symbols, Braille, induction loops, technological aids, key words with specific meanings. If not 'talking', discuss.

Can they hear? eg tones, sounds, words, loud sounds only, lip reading. If hearing issues, discuss.

Are there other ways they communicate their needs? eg shaking their head, spinning, crying, picking at clothes, humming when upset, pointing, miming, gestures, facial expressions. If yes, discuss.

**Personal care** requirements - these may include support with going to the toilet, dressing, periods, eating, drinking etc.

What support might be required for toileting needs? eg prompting to use the toilet, pads used, assistance onto/off toilet seat.

Personal hygiene needs including any support with periods (type of products used, what help needed).

What support might be needed for eating/drinking? eg specialist cups/forks, prompting to drink/eat, cutting up food, complex care etc. If yes, discuss.

Is support needed for getting dressed?  
What does your child prefer regarding personal support? eg privacy, total support, it varies, they ask if they need help.

Discuss whether the child needs occasional individual assistance at particular times, or whether they need

constant individual attention. If constant, do they need this through inviting someone they already know to join the group or will the event organisers find a personal assistant?

**Overnight (if relevant)** - routines or requirements we need to know about

Adult nearby, toilet during night, lighting, cuddly toys.

**Access requirements** - this may include physical access, supported transport, accessible parking or toilets, no strobe lighting, specific seating etc

Does your child require any assistance with getting around?

Are there any access/transport things to consider? eg wheelchair, specialist seat belts, accessible parking, toilets, seating. If yes, discuss.

Is there any particular equipment used on a regular basis which we may not have and you could bring?

Is there any other information you would like to give that will help?

Is there helpful written information you've already got somewhere else? Eg Have you already completed a More About Me form previously for another event? Or do you have a Communication Passport, All About Me booklet from school, CAF or anything else that would be useful for us to have?

Is there anybody else you'd like us to talk to? If so, please give their contact details. Please let them know we may contact them.