

This is Me

Derbyshire County Council – Adult Social Care

My Name: **Date:**

The people who have helped me with my This is Me, are:

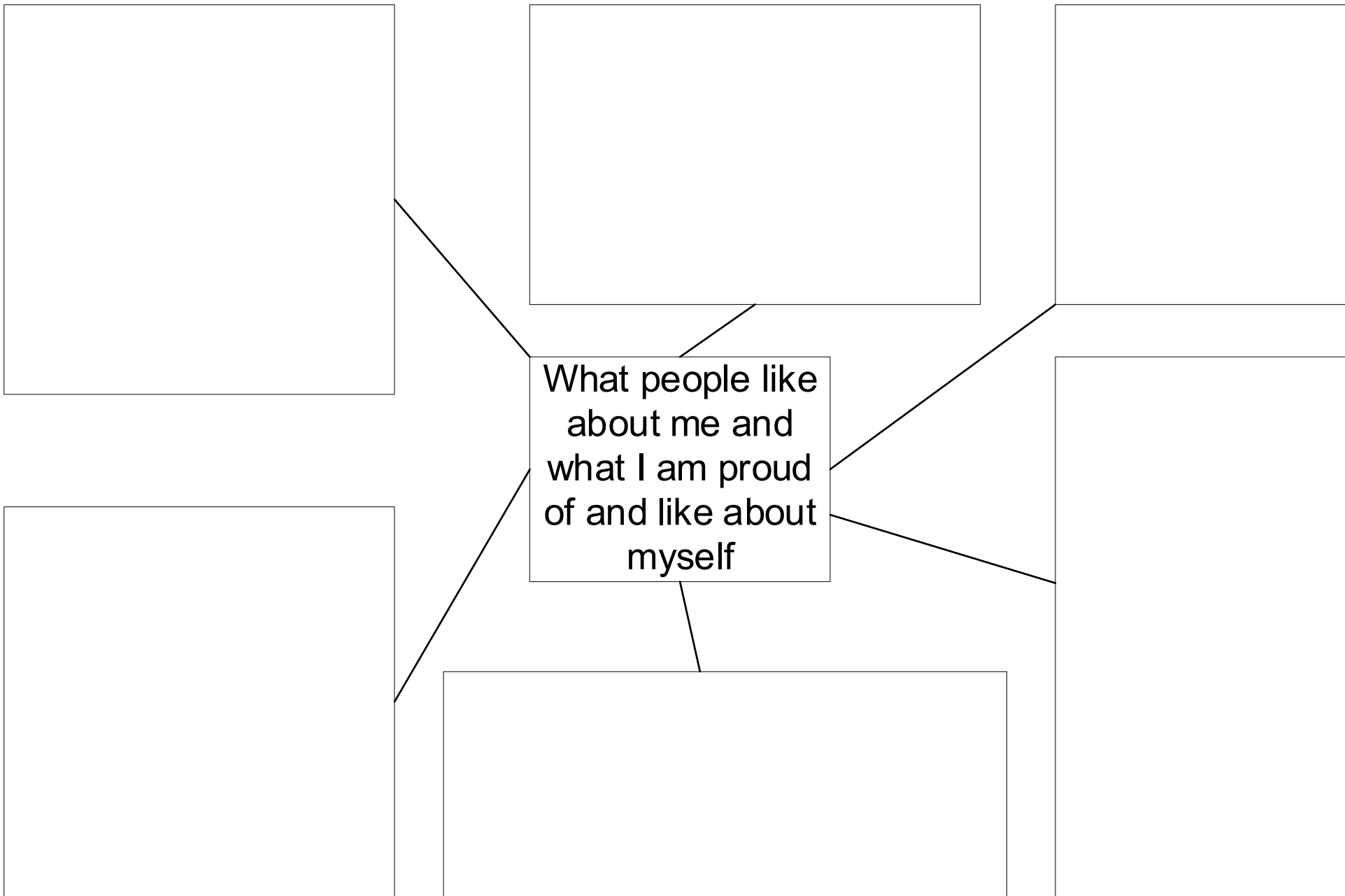


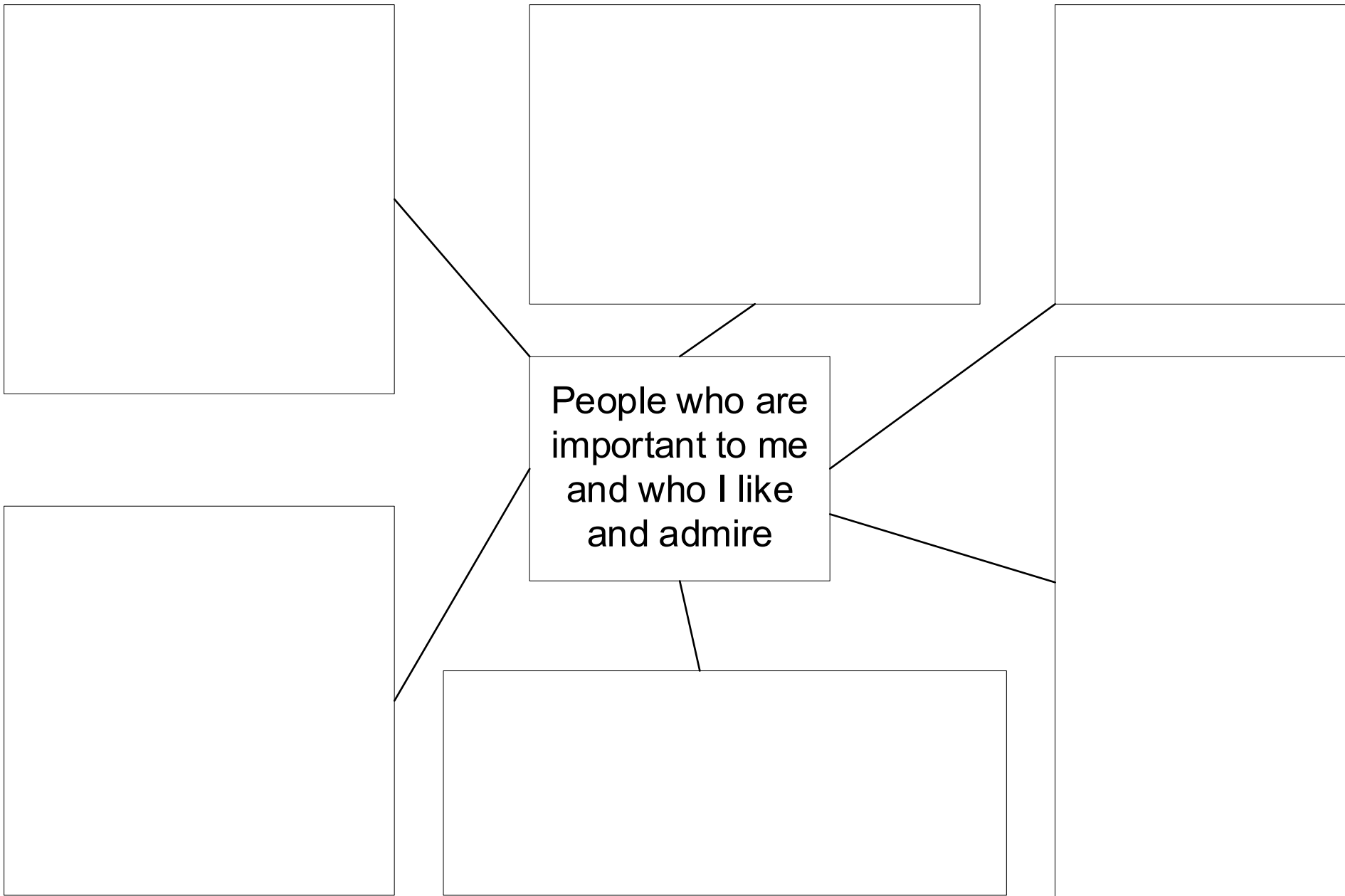
Name:	Role:	Contact:

The **This is Me Guidance** should always be used when supporting people to complete their This is Me in preparation for an assessment or review.

Please note:

This information will be used to help us involve you in your assessment, support plan or any reviews. This may mean we have to share this information with other people who are involved with supporting you. If there is someone or some people who you do not want to have this information, then let us know.





About Me



What I want you to know about me:

Communication



What is important to me:

What I want to be able to

What is important for me:

Health



What is important to me:

What I want to be able to do that will improve my health:

What is important for me:

Personal Care



What is important to me:

What I want to be able to

What is important for me:

Life Skills



What is important to me:

What I want to be able to do:

What is important for me:

Having a Job



What is important to me:

What I want to be able to

What is important for me:

Having Things to do



What is important to me:

What I want to be able to

What is important for me:

Looking After Money



What is important to me:

What I want to be able to

What is important for me:

Home and Living



What is important to me:

What I want to be able to

What is important for me:

Family, Friendships and Other Important Relationships



What is important to me:

What I want to be able to

What is important for me:

Keeping Safe



What is important to me:

What I want to be able to

What is important for me:

Planning My Review

What is a Review?

A review is where the people who support you, get together with you to talk about how things are going. This normally takes place once a year but could be more often if needed. Your review will help you look at:

- What is working well?
- What is not working so well?
- How can we make things better?
- Who will help me with this?



- where will it take place?
- do I need someone to support me (family and/or advocate?) Yes / No
- if so, who will this be?
- who will invite them?
- who else can I invite if I want?
- who will arrange my review?



What is working?



What is not working?

Version: 6
FOI Status: **Public**

Derbyshire County Council Adult Social Care
This is Me - Plan
Derbyshire County Council – Adult Social Care

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What do we need to do next? (to be completed in the review):