



Derby City Council

## My Life, My Journey

# My Identity

Who is important to me?  
and

What is important to me?

Name .....

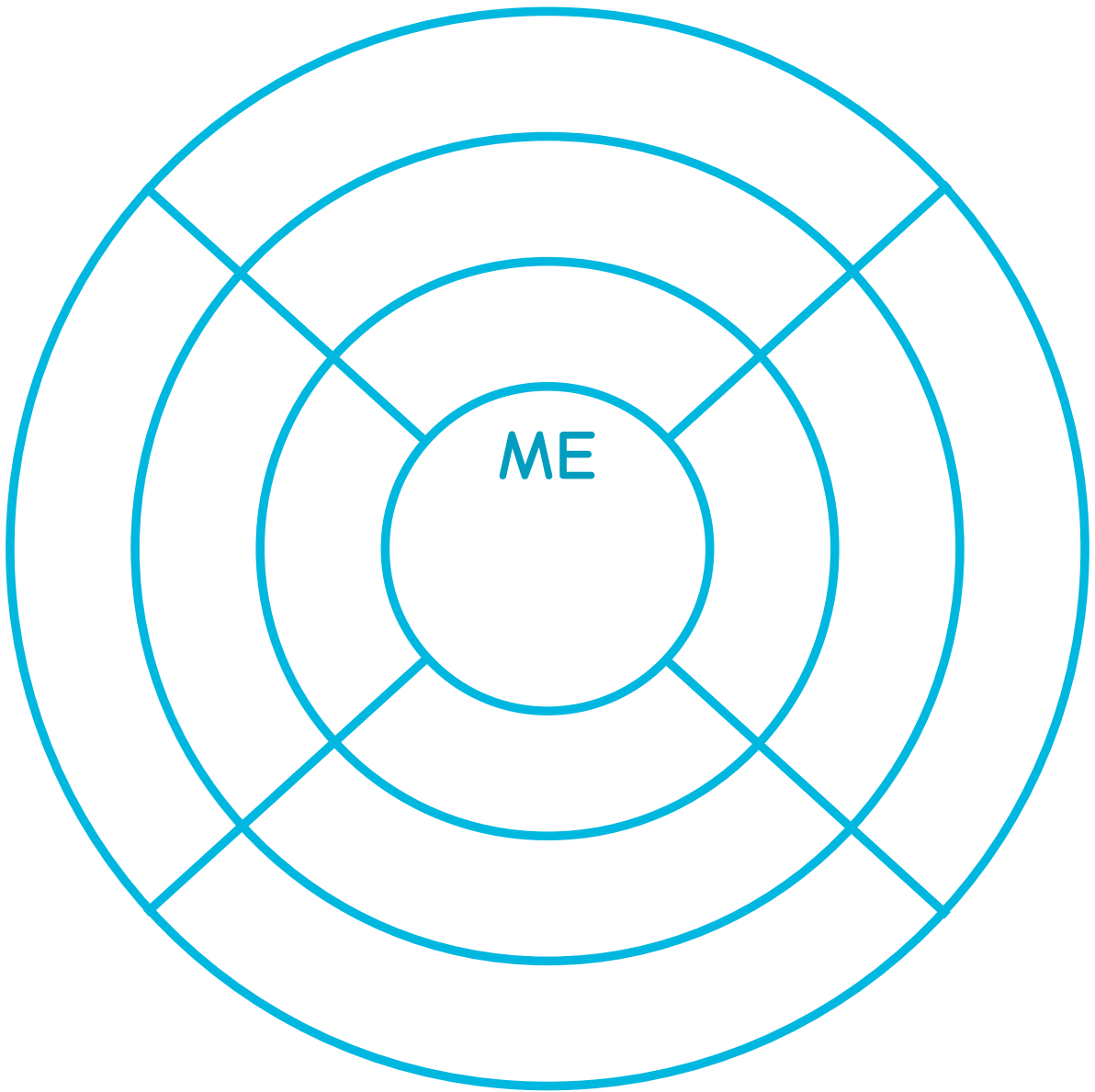
Age .....

Today's Date .....



# My Identity

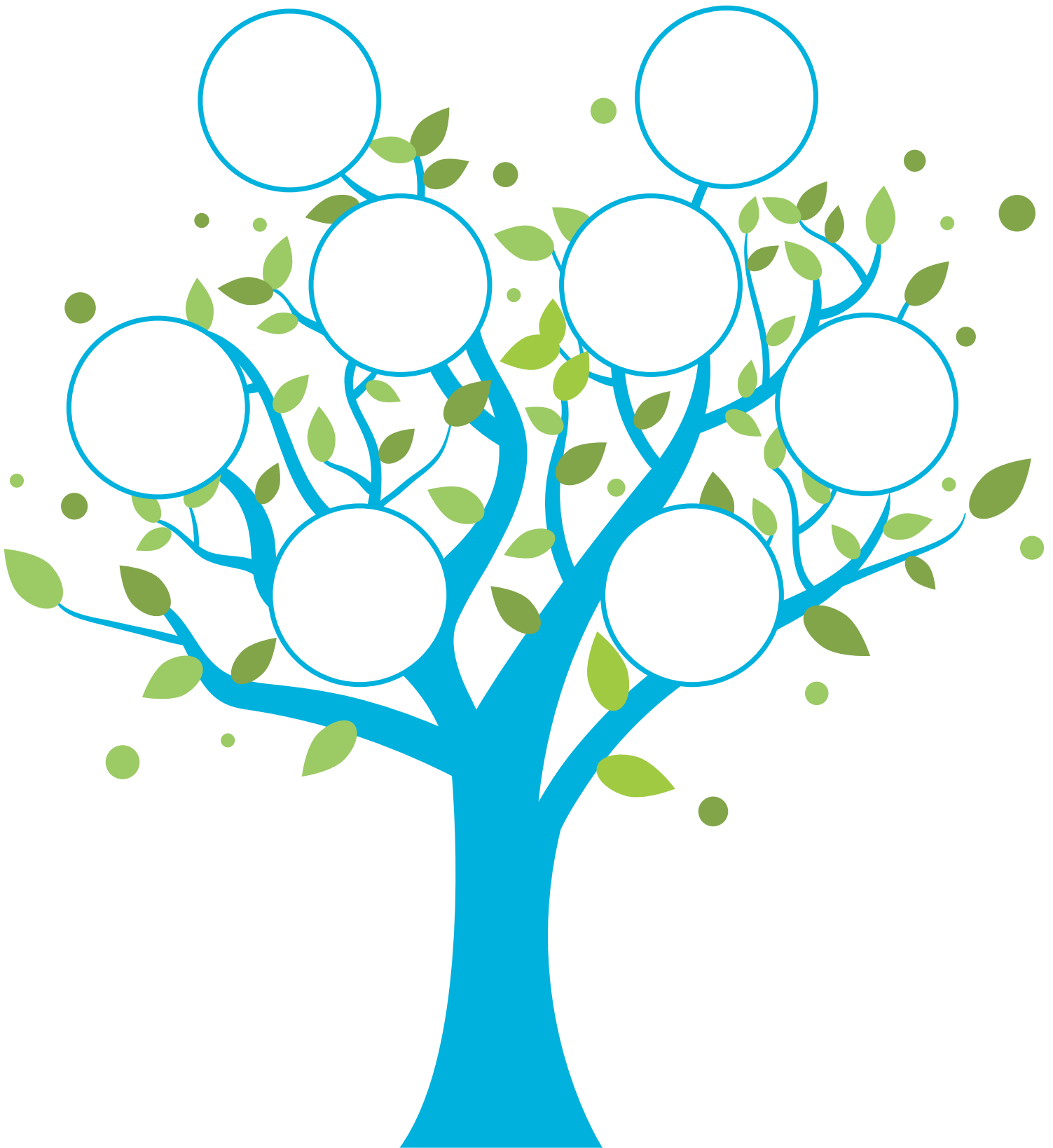
Who is important to me?





# My Identity

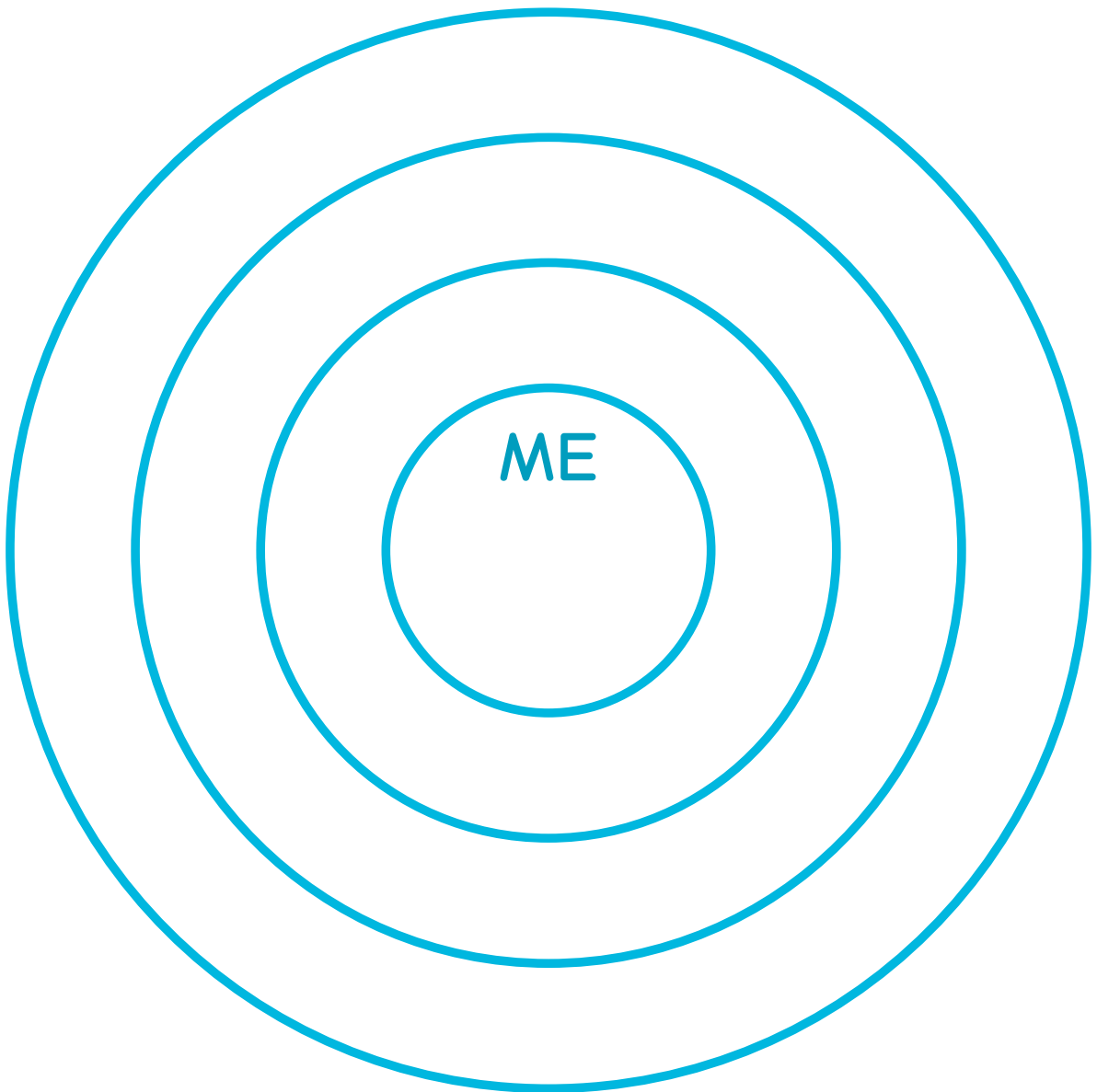
Who is important to me?





# My Identity

What is important to me?













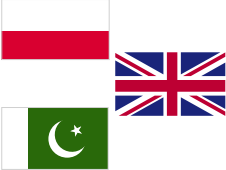








# My Identity

What is important to me?

## Helpsheet 1 – Aspects of My Identity

<p>What I look like</p> 	<p>Clothes</p> 
<p>Ethnicity</p> 	<p>Family</p> 
<p>Food</p> 	<p>Friends</p> 
<p>Gender and Sexuality</p> 	<p>Things I like to do</p> 
<p>Language</p> 	<p>Area where I live</p> 
<p>Nationality</p> 	<p>Religion</p> 
<p>School and College</p> 	<p>Likes and Dislikes</p> 
<p>Health</p> 	



# My Identity

What is important to me?

Helpsheet 2 – What I look like



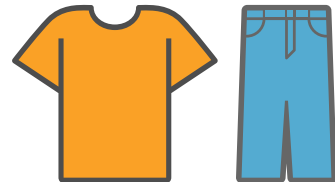
Male	Female
Fat	Thin
Tall	Short
Healthy	Unhealthy
Hair Styled	Hair Unstyled



# My Identity

What is important to me?

Helpsheet 3 - Clothes



Fashionable	Unfashionable
Clothes that fit	New
Second Hand	Warm
Traditional	Own Style
Male Clothing	Female Clothing



# My Identity

What is important to me?  
Helpsheet 4 - Ethnicity



White British	Black British
Asian British	White European
White Other	Black Caribbean
Black African	Black Other
Dual (Parents with Different Ethnicities)	Indian
Pakistani	Bangladeshi
Chinese	Asian Other
Arab	Romany
Other Ethnicity	





# My Identity

Who is important to me?  
Helpsheet 5 - Family



Mum	Dad
Sister	Brother
Aunt	Uncle
Grandma	Grandad
Cousin	Step mum
Step dad	Niece
Nephew	Foster Carer



# My Identity

What is important to me?

Helpsheet 6 - Food



Home Cooked	Takeaway
Non-Vegetarian	Controlled Diet
Vegetarian	Traditional Food
Regular meals at regular times	Irregular meals, no regular times
Breakfast	Lunch
Big Meals	Small Meals
Dinner	Eat too little
Eat too much	Eat food to comfort me



# My Identity

Who is important to me?  
Helpsheet 7 - Friends



Boyfriend	Girlfriend
Friend	Study Friend
Family Friend	Best Friend
Close Friend	School Friend
Old Friend	House Mate
Internet Friend	New Friend



# My Identity

What is important to me?

Helpsheet 8 - Gender and Sexuality



Male	Female
Transgender	Gay
Bisexual	Lesbian
Transsexual	Straight
Asexual	





# My Identity

What is important to me?

Helpsheet 9 - Things I like to do



Sports	Outdoor Activities
Arts and Crafts	Reading
Religious Groups	Doing things by myself
Doing things with friends	Consoles
Social Media	Playing Instruments
Board Games	Computer Based Hobbies



# My Identity

What is important to me?  
Helpsheet 10 - Language



Only one language	One main language and a little knowledge of others
The same language at school and home	A different language at home
Difficulty in making myself understood	More than one language



# My Identity

What is important to me?  
Helpsheet 11 - Where I Live

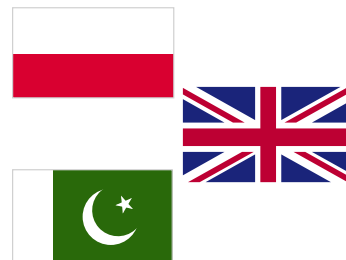


Place of Birth	Where I used to live
Where I live now	Where I want to live
People who live in my area	



# My Identity

What is important to me?  
Helpsheet 12 - Nationality



British	English
European	World
Pakistani	Indian
Caribbean	Polish
Czech	Slovak
African	Jamaican
Nigerian	Ghanaian
Welsh	Scottish
Irish	





# My Identity

What is important to me?

Helpsheet 13 - Religion



Believer	Non Believer
Attending a Place of Worship	Do not follow a particular faith
More than one religion	Spiritual
Christian	Muslim
Hindu	Buddhist
Sikh	Jewish
Atheist	A multi faith follower
Agnostic	



# My Identity

What is important to me?

Helpsheet 14 - School and College



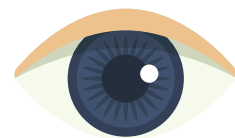
I like going to school	I dislike going to school
I am doing well at school	I am not doing so well at school
I am happy at school	I am unhappy at school



# My Identity

What is important to me?

Helpsheet 15 - Likes and Dislikes



Loud noises	Being touched
Movement around me	Sudden noises
Quiet noises	Touching my ears
No eye contact	Not being listened to
Flashing lights	



# My Identity



What is important to me?

Helpsheet 16 - Health



Having the right medication	Support and respect of my personal care
Support with mobility	Having a diagnosis
Support with my communication	Support with my sensory needs
Others understanding my health needs	Special dietary needs
Having appointments with a different doctor/ nurse	The right equipment
My hearing aid	Having appointments with the same doctor/ nurse
My wheelchair	My glasses
Understanding my allergies	Having a changing place toilet
Support to get to my appointments	





# How are you feeling today?

Happy



Sad



Excited



Sick



Tired



Bored



Confused



Angry

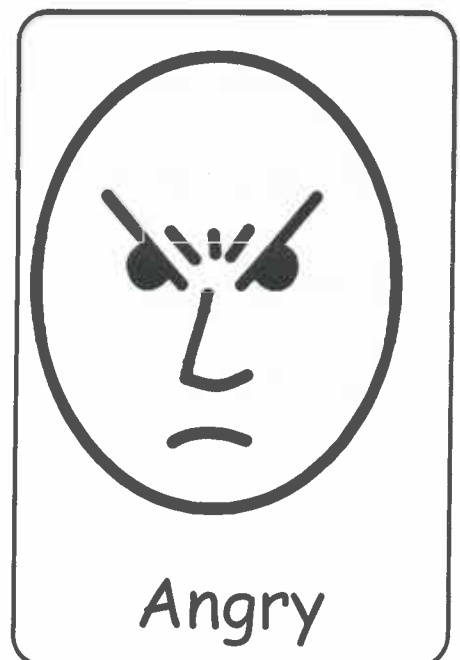
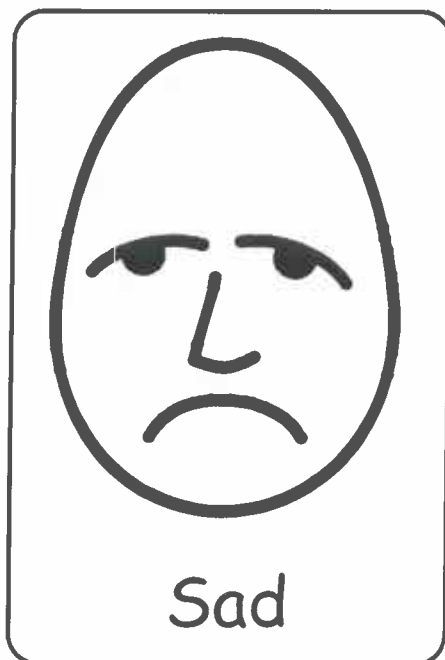
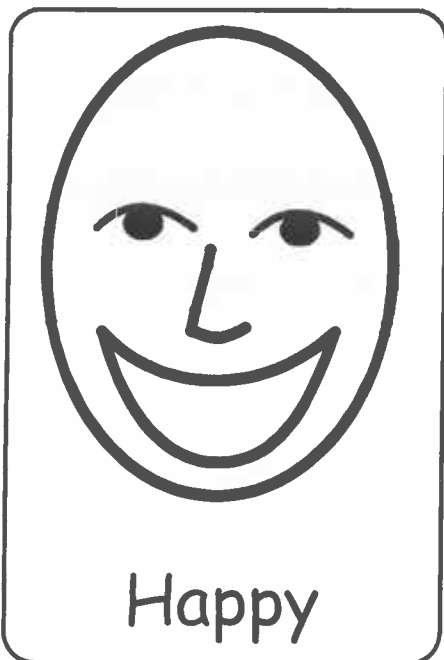


Frustrated



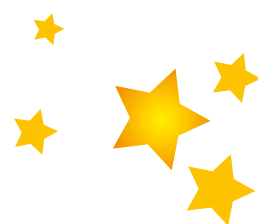
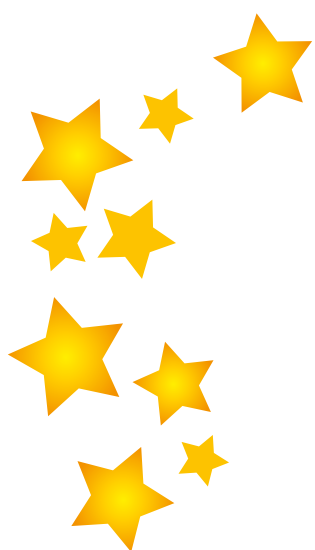


# How are you feeling today?





This is what I would  
change by waving my  
magic wand





# This is Me

I have lots of strengths and talents, including;

- |  |  |
|--|--|
| <input type="checkbox"/> Reading                                   | <input type="checkbox"/> Stories                 |
| <input type="checkbox"/> Spelling                                  | <input type="checkbox"/> Photography             |
| <input type="checkbox"/> Writing                                   | <input type="checkbox"/> Sports                  |
| <input type="checkbox"/> Drawing and art work                      | <input type="checkbox"/> Cooking                 |
| <input type="checkbox"/> Computers                                 | <input type="checkbox"/> Cleaning                |
| <input type="checkbox"/> Computer games                            | <input type="checkbox"/> Tidying up              |
| <input type="checkbox"/> Maths and numbers                         | <input type="checkbox"/> Putting things in order |
| <input type="checkbox"/> Remembering things                        | <input type="checkbox"/> Mechanical things       |
| <input type="checkbox"/> Music                                     | <input type="checkbox"/> Making things           |
| <input type="checkbox"/> Facts about my favourite thing, which is; | <input type="checkbox"/> What else?              |

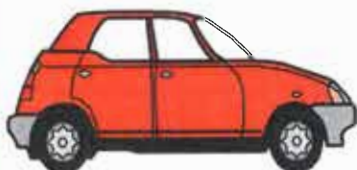
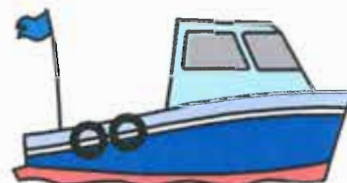
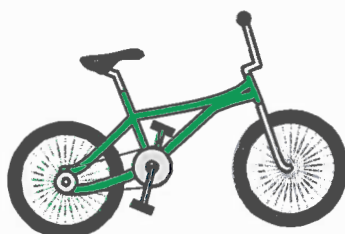
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

I will tick the things that are true for me



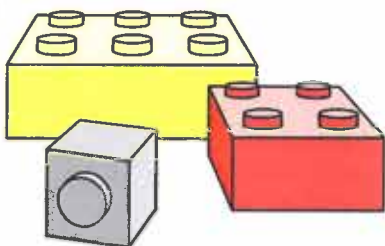
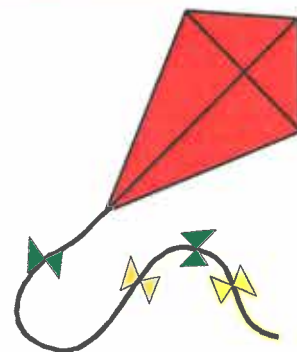
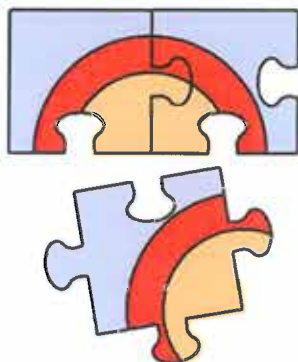
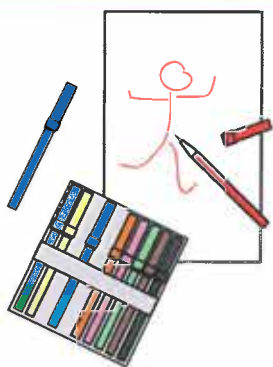
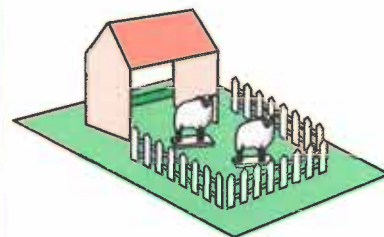
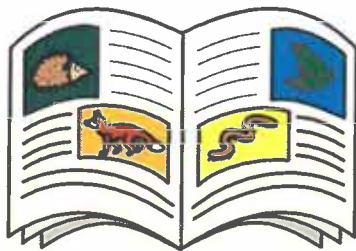


# Communicate in Print Images



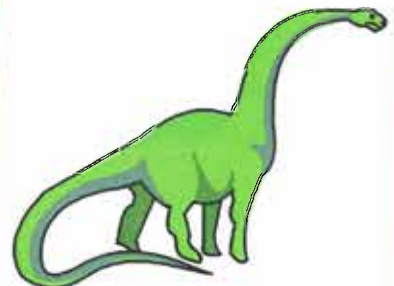
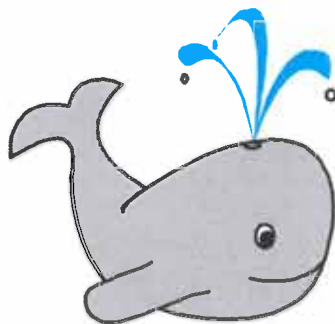
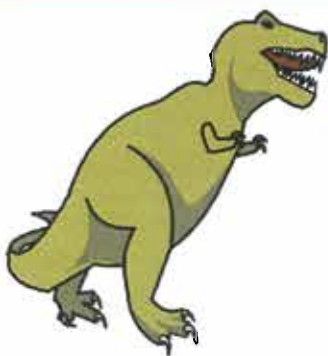
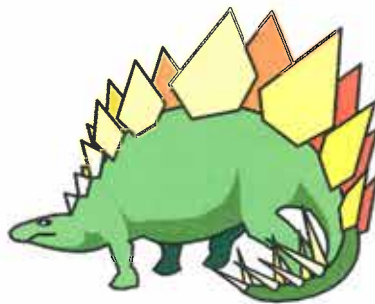
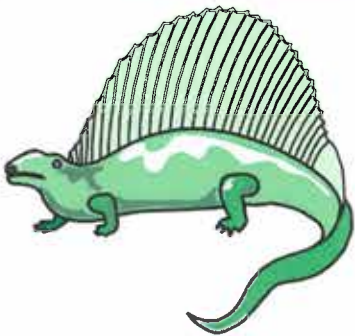
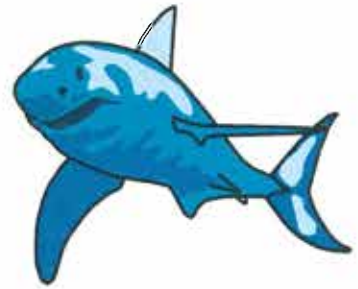
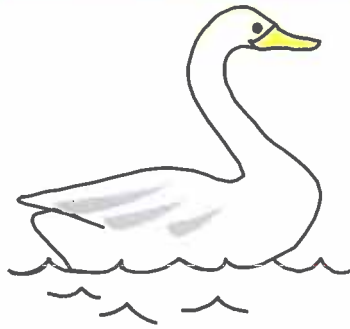
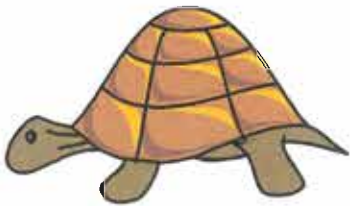
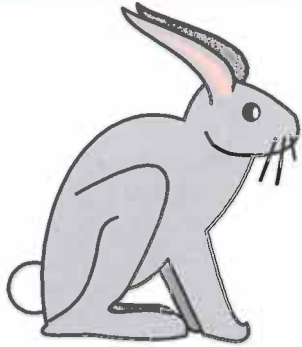


# Communicate in Print Images



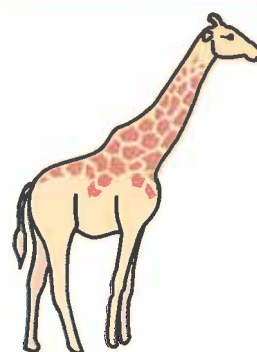
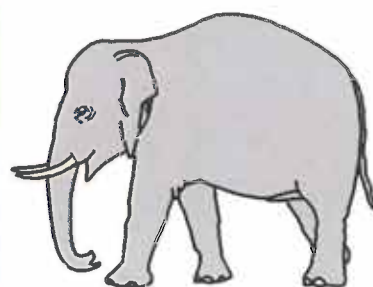
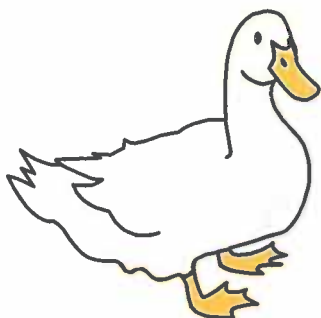
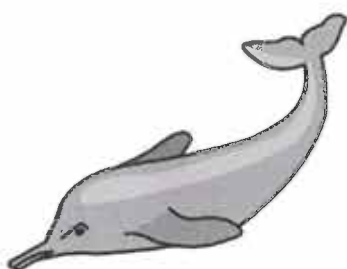
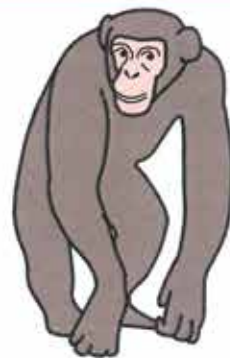
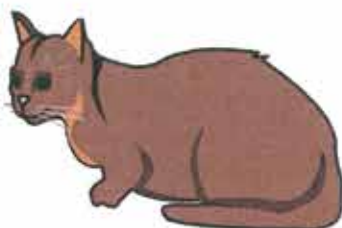
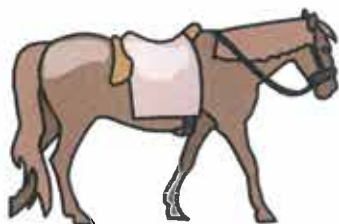
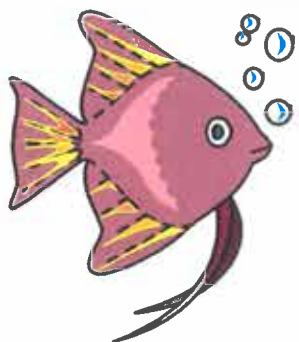


# Communicate in Print Images





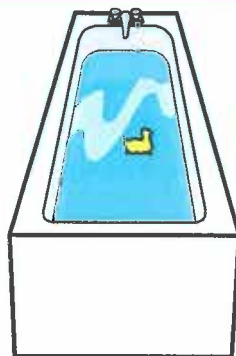
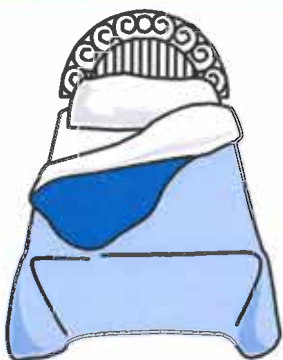
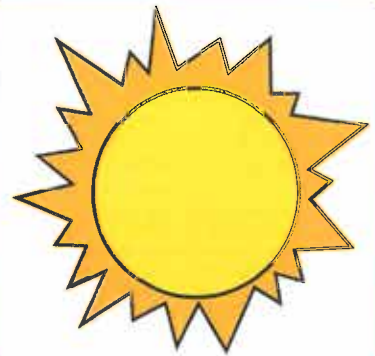
# Communicate in Print Images





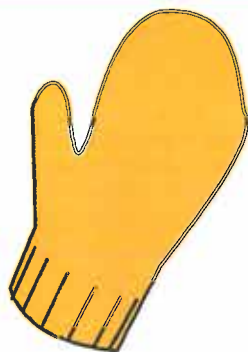
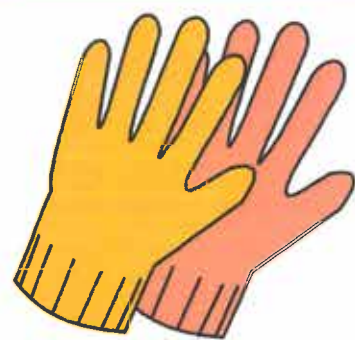
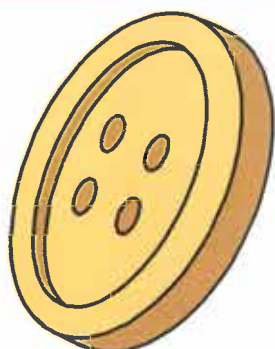


# Communicate in Print Images



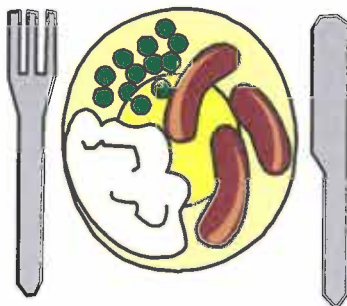
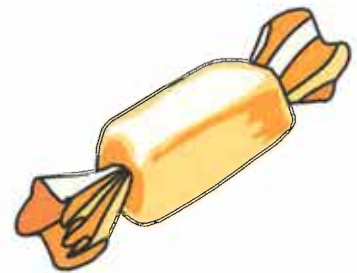
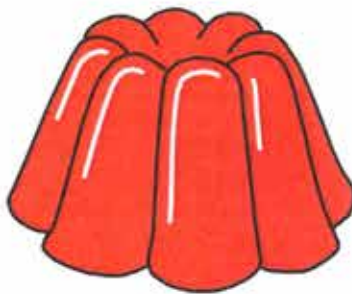
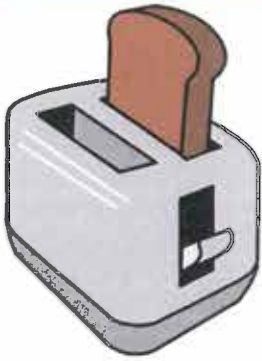
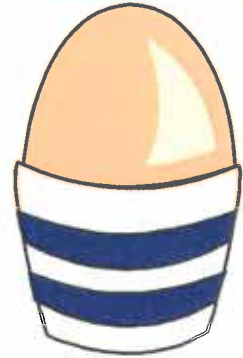
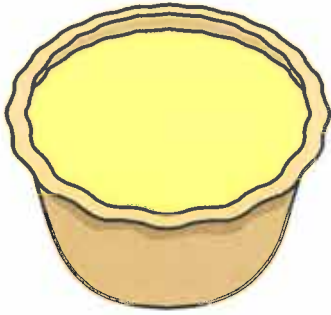


# Communicate in Print Images



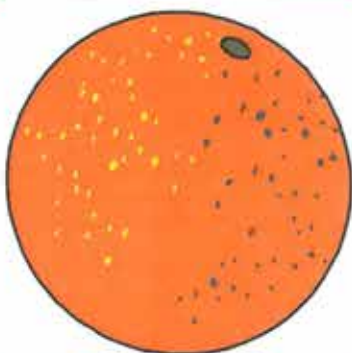
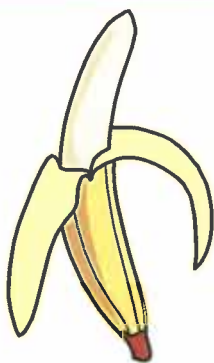


# Communicate in Print Images





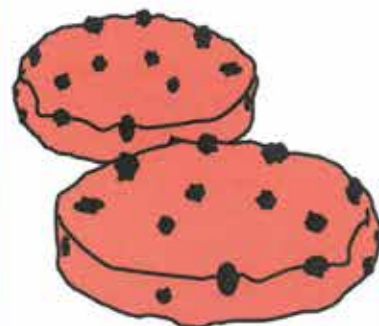
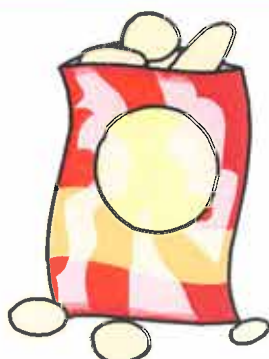
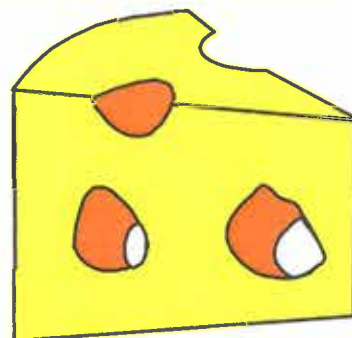
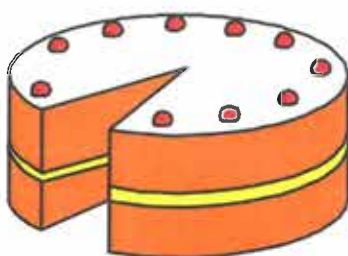
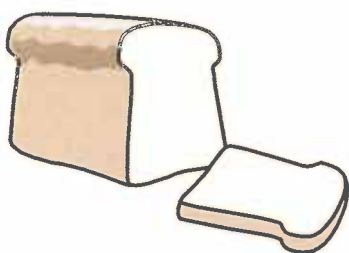
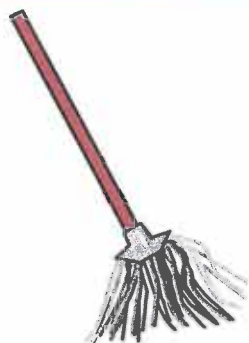
# Communicate in Print Images





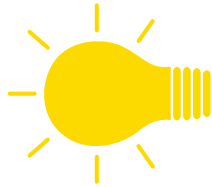


# Communicate in Print Images





# Action Plan

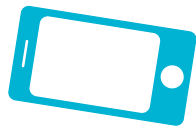


Name .....

What is going to help you?	How is it going to help you?	Who is going to help you?	When would you like it to start?
What else might help?			



# Review



Name .....

How much has it helped you?		
A lot	A little	Not at all

