



Derby City Council

My Life, My Journey

# Getting Ready for Adult Life

Name .....

Age .....

Today's Date .....



# 1. Money

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?



# 2. Health

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?



# 3. Education, Training and Employment

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?





# 4. Family and Relationships

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?



# 5. Accommodation

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?



# 6. Looking After Yourself

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?



# 7. Having Your Say

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?





# 8. Legal Rights

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?



# 9. Being In Care

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?

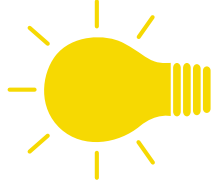


# 10. Life Skills

Date	Outcomes What are we trying to achieve to improve my knowledge and skills?	Tasks What I will do & what others will do Describe each task / piece of work that needs to be done	Person(s) responsible for carrying it out Me, you / others	By when?	Progress Monitoring & Review What went well / not so well	Comments / What next? What needs to happen if the task has not yet been achieved?



# 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

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