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| **Questions** | **Responses** | **Notes** |
| **Waking** * What time do I normally get up?
* Can I tell whether it is time to wake up? (visual limitations)
* Does someone help me get up or do I get up myself?
* Do I need help to get out of or transfer from my bed using equipment i.e. hoisting?
* Who else is in the home when I get up?
* Are my mornings the same or is it different every day? Do I follow a routine in the morning? Describe the routine.
* If I need medicine, does someone help me take it?
* Do I have appropriate and working equipment to support me to get up safely?
* Do my parents/carers have any special educational needs or health difficulties, and how does this impact on my care?
* Who is awake in the house with me to assist me if I need it?
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| **Personal Care*** Do I use a special shower or bath?
* Do I have to be supported to move with special equipment i.e. hoisting?
* Can I independently wash myself and clean my teeth?
* Does someone come to my house to help me wash and dress? Who?
* Do I have to take regular medication or use daily creams?
* Do I have to have pureed food or my food through a tube or peg?
* Do I have a special toothbrush and does someone help me to wash and brush my teeth?

Do I feel pain with certain tasks like brushing hair, teeth cleaning or showering?* Do I have sensory difficulties which impact on my personal care?
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| **Questions** | **Responses** | **Notes** |
| **Personal Care continued*** How often do I shower/bath?
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| **Dressing*** Do I wear special clothes – i.e. all in one, to prevent taking it off overnight and removing my nappy?
* Do I have the right clothes, school uniform?
* Do I dislike certain textures of clothes, zips, or buttons?
* Are manual handling/ hoisting procedures followed to position me when I am changed or transferred to equipment such as my wheelchair?
* Do I have water/a toothbrush and does someone help me to wash and brush my teeth or complete oral care routines if I am tube fed?
* Do I need appropriate assistance as a result of my additional needs with my personal hygiene over and above age-related expectations?
* Is my pad changed if I am incontinent and is my skin is this area clean and in good condition?
* Do I think I look ok in my clothes? Do I have a positive body image? Do I think I look fat/thin in my clothes? Do I get bullied or picked on because of how I look or what I wear?
* Are my clothes clean, the right size for me, right for the weather?
* Do my shoes fit? Are they right for the weather?
* Does someone help me get dressed or do I do it myself?
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| **Breakfast** * Is there food available in the cupboard for breakfast?
* Do I eat breakfast in the morning? What do I like to have? Is it the same every day or different?
* Is there someone to help me make breakfast or do I do it myself?
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| **Questions** | **Responses** | **Notes** |
| **Breakfast continued*** If I have an alternative feeding protocol (i.e. tube fed) is a protocol appropriately adhered to? Has this been confirmed with relevant professionals?
* Are professionals happy or concerned about my weight?
* Do I have a Choking protocol? Is it being adhered to?
* Do I need to make breakfast for other people?
* Do I eat my breakfast with others or by myself?
* Do I eat my breakfast at the table or in front of the TV?
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| **Travel** * Do my parents take me to school?
* Do I travel by taxi or minibus to school? Do I have an escort?
* Do I have any behavioural or other difficulties which make travel difficult?
* Am I met when I get to school by the teachers?
* Do I understand safety on the road and in cars?
 |  |  |
| **In School / College*** Do I like school/college?
* What is my attendance record?
* Do my parent(s) attend school meetings?
* What is my favourite bit?
* Which bit do I not like so much?
* Do I have an Education, Health and Care Plan (EHCP)?
* Am I educated at school or at home?

If I am at home, how is my progress monitored? Do I have access to the resources I need at home? Do my carers communicate openly with education welfare?* Is my home link book completed and given to my teachers when I get to school?
* Do I complete homework and reading at home? Who supports me with this?
 |  |  |
| **Questions** | **Responses** | **Notes** |
| **In School / College continued*** Do my carers tell school about any difficulties I have had that morning?
* What do I do at breaks? Do I have a snack?
* Do I have appropriate food at school i.e. orally or PEG fed?
* Do I have the right things for school – medication, reading books, home schoolbooks, uniform, PE clothes, coat, hats, gloves, nappies, spare clothing?
* Do I have a favourite teacher or someone I like to talk to?
* Do I see anyone for help at school – school nurse, Educational Psychologist, Speech and Language Therapist, Physiotherapist and Occupational Therapist.
* Do I go on school trips?
* Do I have regular health appointments when I am at school?
* Do I need special equipment at school?
* Do I have a behaviour plan at school? If I misbehave what happens?
* Are there restrictions in place at school due to any behaviours I have?
* Do I have any triggers for my behaviour, if so, what are they?
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| **After School / College** * Do my parents collect me, or do I travel by minibus or taxi with an escort?
* Does school pass on any issues for me during the day?
* Do I go home at the end of the school day or do I go to afterschool clubs?
* Do I watch TV and if so, is what I watch okay for my age?
* Do I have homework to do and does anyone help me with it?
* Do I have any food?
* Does anyone help with my food?
* Do I like to play with toys?
* If I misbehave what happens?
 |  |  |
| **Questions** | **Responses** | **Notes** |
| **After School / College continued*** Do I have any triggers for my behaviour, if so, what are they?
* Does someone have to hand me toys to play with as I am not able to access them myself due to mobility or visual impairment?
* Do I only like certain TV programmes or videos?
* Am I encouraged to participate in other activities/try new TV programmes?
* Am I included in normal family life?
* Do I find some toys/play activities too noisy or too busy?
* Does someone need to supervise me as I find it difficult to play with others, to share, or to be close to other people?
* Do I spend time in my bedroom alone?
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| **Evenings** * Do I have a dinner in the evening and what time is this?
* Does someone have to prepare and help me eat my dinner i.e. orally or PEG fed?
* What do I eat?
* Where do I eat?
* Do I have a favourite food?
* Do I eat with others?
* Do my carers understand if I am hungry or not? Do they provide food for me?
* Do I watch TV and what do I watch?

Do I use the internet? What device do I use – laptop/tablet/phone? Does anyone check what I am doing on the internet/are there any parent controls? What sites do I visit online and what do I do?* Do I go out in the evening and if so, who do I go out with? Do I have carers to take me out? Do they have the appropriate equipment and training to look after me?
 |  |  |
| **Questions** | **Responses** | **Notes** |
| **Evenings continued*** What do I do with my family in the evenings? Am I included in family time?
* Do I need medication before I go to bed? Who gives this to me?
 |  |  |
| **My Health and Development*** Who helps me keep healthy?
* What happens when you are feeling unwell? Who helps you?
* Does someone stay with you when you are ill can cannot go to school/college?
* Do the people who care for you take you to appointments when you need to go? dentist, doctor?
 |  |  |
| **Bedtime*** Do I go to bed at the same time every night?
* Who decides when it is bedtime?
* Does someone help me with my personal care?
* Where do I sleep? Do I have a special bed? How do I get into my bed?
* Do I like where I sleep?
* Who else is in the house at night-time? Do I have additional carers overnight?
* Do I have my own room?
* Do I have what I need in my room (clean bed, curtains, warm floors, specialist equipment)?
* Do I have to wake in the night, or be woken to be changed or turned?
 | **Responses** | **Notes** |
| **Questions** | **Responses** | **Notes** |
| **School holidays*** What do I do in the school holidays?

**School holidays continued*** Do my family spend time with me?
* Do I have anyone to provide extra care for me? Do I spend time with carers and not my family?
* Do I go on days out with my family or carers?
* Am I provided with the food I need i.e. orally or PEG fed?
* Am I encouraged to experience new activities?
* Do I have access to a special car to get my equipment in?
* Do I have the appropriate equipment to enable me to go out in the community?
* Do I have access to toys or stimulation at home?
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| **Sleep*** Do I need a sleep system to keep me positioned correctly when I am in bed?
* Do I need to be repositioned at night?
* Do I need to use a hoist to get from chair, bed, or toilet?
* Do I need my nappy changing at night?
* Do I have a bedtime routine? Do I go to bed on my own or does someone put me to bed? Who?
* Do I sleep well at night or do I tend to wake?
* How often do I wake?
* What happens when I wake up?
* Does my carer respond or am I left to cry/self-soothe?
* Do I have feeds during the night?
* Do I often need a pad changed during the night?
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