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| **Questions** | **Responses** | **Notes** |
| **Waking up in the morning*** Who or what helps me get up in the morning?
* What time do I normally get up?
* Do I have to get anyone else up?
* Is there anyone else up when I get up?
* Are my mornings the same or is it different every day?
* Please describe what a usual morning looks like where I live?
 |  |  |
| **Breakfast*** Do I eat breakfast in the morning? What do I like to have? Is it the same every day or different?
* Do I need to make breakfast for other people?
* Do I eat my breakfast with others or by myself?
* Tell us about the best part of your morning routine?
 |  |  |
| **Dressing*** Do I have enough clothes? Are they clean, the right size for me, right for the weather?
* Do I know how to look after myself, i.e. washing and brushing teeth etc?
* What are the best things you see about yourself when you look in the mirror?
 |  |  |
| **Getting to Education, Training or Employment*** Do I go to school, college, training or work? How far away is it? How do I get there?
* Do I need to take anyone else to school i.e. younger siblings?
* Do I usually arrive on time or am I late?
 |  |  |
| **In Education, Training or Employment**What are the best things about my education training or employment (ETE)? |  |  |
| **Questions** | **Responses** | **Notes** |
| **In Education, Training or Employment continued*** Do I have any friends there? Do I hang out with them in breaks/free time?
* Do I have lunch – canteen food or packed lunch?
* Can I speak to someone if I am worried? Who is this person?
* Do I see anyone for help at ETE –Learning Assistant, counsellor, support worker etc? What is the best thing about the help they give me?
* Have I ever been bullied?
 |  |  |
| **After Education, Training or Employment*** How do I get home?
* Do I want to go home, or do I avoid going home? Why is this?
* Do I go home, or do I go to friends’ houses or hang out somewhere else?
* Does anyone meet me and take me home?
* Is there anyone at home?
* Do I watch TV and if so, is what I watch ok for my age?
* Do I have coursework to do and does anyone help me with it? Does anyone check that I have done it?
* Do I have to look after anyone else? Do I need to get food for anyone else?
* Is there food available? Does anyone help me get some food?
 |  |  |
| **Evenings*** Do I have a dinner in the evening and what time is this?
* Who makes the food? What do I eat?
* Who do I eat with? Where in the house do I eat?
* Is there anyone I can tell if I am hungry, and do they get food for me?
* Do I go out in the evening and if so, who do I go out with? Where

do I go and what I do there? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Evenings continued*** Do I have to be home by a set time, what would my carers do if I did not return on time or at all?
* Does the people who look after me know who I hang out with?
* What do the people who look after me do in the evenings, and do I spend time with them?
* Do we spend time together or do our own things?
* What do you do together that you enjoy the most?
 |  |  |
| **My Health and Development** * Who helps me keep healthy?
* What happens when I am feeling unwell? Who helps you?
* Does someone stay with you when you are ill can cannot go to school/college?
* Do I have access to a doctor or dentist?
* Do the people who care for you take you to appointments when you need to go? dentist, doctor?
* Do I have complex health needs?
* Are my development needs being met?
 |  |  |
| **Bedtime*** Do I go to bed at the same time every night?
* Who decides when it is bedtime?
* Where do I sleep?
* Do I like where I sleep?
* Who else is in the house at night-time?
* Do I have to look after anyone else at bedtime?
* Do I have my own room, or do I share with others?
* Do I have what I need in my room (bed, curtains, warm floors,
* my own things I like)?
 |  |  |
| **Questions** | **Responses** | **Notes** |
| **School Holidays / Weekends*** What do I do in school holidays, weekends and free time?
* Do I have to look after anyone?
* Do have chores / jobs to do? If so, what are they?
* Is there anyone else that looks after me during the holidays?
* If left on my own, how long is this for, and how often?
* Do the people who look after me know what I do during the day and who I am with?
* Do my carers look after me during the holidays or are they at work?
* What do my friends like doing?
* What are my favourite hobbies of things to do in my free time?
* If I get free school meals during the term, what happens in the holidays?
* Is there food to eat at home?
* Is there someone around to help make food and supervise mealtimes?
* Do I have my own money? Where do I get it?
* Do I have a job to earn money?
* Do I seem to have more money / things than I would be able to afford by myself?
* Do I use the internet or social media?
	+ 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 chat online or share any information or pictures? What do I talk about?
* Do I play games on a console? Do I play online / ‘live’ games?
 |  |  |
| **Relationships** * Who are the most important people in my life and why? What is my favourite thing about these people?
* What is the best thing that the people that care for me do?
 |  |  |
| **Questions** | **Responses** | **Notes** |
| * If I had any worries or good news who would be the people I could talk too?
* Who are the people who visit my house or around the most and why?
* Do I spend lots of time in other people’s houses / sleep elsewhere?
* Do I have a girlfriend / boyfriend? Do they make me happy? Are they the same age as me or older / younger? Where did I meet them? Where do I go with them? **Questions**
 | **Responses** | **Notes** |

***October 2023, reformatted July 2025***