

What do I enjoy doing? Is there anything else I could do?

Going well
Getting there
Not going well at all

How is my physical and mental health? Do I need any support?

Going well
Getting there
Not going well at all

Reaching my goals - am I there yet?

Please tick the number that describes how you feel with 0 being not achieving any of your goals and 10 being achieving all your goals.

0 1 2 3 4 5 6 7 8 9 10
Not achieving goals Achieving goals

What support have we agreed today to help me

Remember

Just because you are leaving care, or have already left care, we haven't stopped caring about you. We want to make sure that you feel safe and supported and know where and who to go to for advice and help.

Our local offer for care leavers tells you about all the support that we have in County Durham for you.

Visit www.durham.gov.uk/careleavers or scan 



My Plan

My Future

Name _____

Completed with _____

Date dd/mm/yyyy _____



My Goals

My Worries

Things that are important to me

- My family
- Where I live
- My pets
- My friends
- Education/training
- Employment

What else?

My network

Who supports me and what they do

- Going well
- Getting there
- Not going well at all

Do I feel safe

What are the things that keep me safe?

Are there any worries about my safety?

- Going well
- Getting there
- Not going well at all

How is my education/training/employment going and what are my plans

- Going well
- Getting there
- Not going well at all

How are things where I live and what are my plans

- Going well
- Getting there
- Not going well at all