



A PARENT AND CARERS GUIDE TO ANNUAL REVIEWS.

Helping parents and carers to participate effectively in their child's annual review meeting



STEP 1: WHERE ARE THEY NOW?

STEP 2: WHERE DO WE WANT THEM TO BE?

STEP 3: HOW DO WE GET THERE?

STEP 1: WHERE ARE THEY NOW?

Tell the child's story

Talk about what day to day life is like living with your child;

Voice your concerns;

Do you worry about their physical health?

Do you worry about their mental health?

Imagine your child leaving school tomorrow - what would you worry about?

Imagine your child having to go out to work tomorrow - what would you worry about?

Imagine your child living independently tomorrow - what would you worry about?

Imagine your child going out into the community on their own - what would you worry about?

Does your child have healthy friendships?

Are all these worries genuine concerns or are they your own anxieties

Thinking about your child's additional needs and how that affects you and your family can be difficult, but if we share them honestly it is easier to talk about what needs to change.



STEP 2: WHERE DO WE WANT THEM TO BE?

What would your child's life look like if it looked better?

What would you like their physical health to look like?

What would you like their mental health to look like?

If your child was leaving school tomorrow, what would you like this to look like?

If your child was starting a new job tomorrow, what would you like this to look like?

If your child was moving out tomorrow, what would you like this to look like?

If your child was going out into the community on their own tomorrow, what would you like this to look like?

What would you like their friendships to look like?



Thinking about your child having more independence can be scary but we have to give them the chance to live as independently as possible - and that means letting go a bit at a time.

STEP 3: HOW DO WE GET THEM THERE?

What small steps can you and your child take?

What could your child learn to do to be fitter, healthier and happier?

What could your child learn to do to be better prepared to leave school?

What could your child learn to do to be better prepared to live independently?

What could your child learn to do to have better friendships?

What could your child learn to do to be better prepared to go out into the community?

What new experiences could help them learn these things?



When we set targets for your child, we need to talk about how each one of us is going to help them achieve that target.