

# YOUR VIEWS MATTER - MAKE YOURSELF HEARD

LAC review form for children and young people aged 10 and over



**PROMISE**



# YOUR VIEWS MATTER - MAKE YOURSELF HEARD

A review meeting is important. It is where changes can be made to your care plan. Your views will be listened to and you can talk about what you would like to happen. To help get the most out of your review, please use this form to write down what you would like to talk about before the meeting.

## 1. How do you like where you are living?

-  It's really good   I like it
-  It's OK   I don't like it

Please tell us more about why you like or don't like where you are living:

## 2. How do you get on with the people you are living with?

-  Very well   OK   Not very well

Please tell us more about why you feel you get on with, or don't get on with, the people you live with:

Is there anything else you would like to say about where you live for example pocket money, rules, what happens when you break rules?

3. Is there anything in your care plan that you don't understand (if your foster carer, social worker or parent has said something you don't understand this could be a good time to talk about it)?

4. Has anyone spoken to you about what was decided at your last review?

Yes  I haven't had a review before  No

5. What has gone well since your last review?

Has anything not gone so well since your last review?

6. Do you see your social worker enough?

 I would like to see them more   Yes

 I see them too much

Is there anything else you would like to say about your social worker?

7. How are you getting on at school/college?

Is there anything at school/college you would like help with?

8. Do you think you are healthy? Do you have any worries about your health? Are you feeling unhappy or sad, and would like to talk about this?

9. Do you spend enough time with your family and friends?

Is there anyone you would like to see more often?

Is there anyone you would like to see less of?

If there are people you cannot see do you understand why?

 Yes   I don't know   No

10. What do you like to do in your spare time?

Is there anything else you would like to be involved in (clubs, hobbies etc)?

11. Has anyone been unfair or horrible to you because you think you are different?

 Yes   No

Do you want to say any more about this?

Do you have an adult you can talk to?

 Yes   No

12. Do you have any cultural needs we can help you with (for example the food you eat, your religion, language or race)?

13. Do you think you are getting the help you need to prepare you for your future? Tell us if there is any help you would really like:

14. Is there anything else you would like to talk about or you think we should know?

15. Do you know about the Children in Care Council and how to contact them?

Yes  No

## AND FINALLY

16. What do you think about this form?

It's good  It's OK  It could be better

Have you any ideas to make this form better?

**Thank you.** The form will be given to your Independent Reviewing Officer (who is called.....). They will talk with you before your review meeting and will make sure people at your review meeting listen to and talk about all the things that you tell us are important.

