

Area of my life:	My needs:	My outcomes: These are my goals and should be specific, measurable, agreed, realistic and timed with a review date	Actions: What will help me achieve my outcomes	Resources to be used: Who will do what, when and how often	Review: At Review, has this outcome been achieved? What is working and not working
About my learning	Louise needs strategies to help manage her anger within AEP (Alternative Education Provision) so that she continues to make academic progress	Louise and AEP will have agreed what action she will take when unable to contain her anger at AEP. Louise will report she has used agreed strategies to avoid confrontation.	Louise and her mother will meet with AEP to agree strategies. Louise will meet with her Mentor to practise strategies and understand her anger	Mentor, AEP staff, parents and Louise starting now	Choose an item.
	Louise needs to receive an education and identify which course she wants to do post-16, including a realistic pathway to this course	AEP will report that Louise is attending as agreed. Louise knows which course she would like to study post-16 and which grades she needs to enrol on this course. Louise is making the expected progress with her learning (reviewed ever 4 weeks)	Louise and AEP staff to identify courses and grades she will need to do what she would like to do at college. Louise and AEP staff to review her current levels and identify the areas where she needs additional help to get the grades she needs.	Louise, AEP staff to start now	Choose an item.
About my social, emotional and mental health needs	Louise needs to spend quality time with her mother to improve their relationship	Louise and her mother report they have spent time together and have not argued. Louise will report she has gone home for dinner at least 3 times per	Louise to ensure she returns home for dinner and will ring her mother if she is late. Louise and her mother will spend time together doing enjoyable activities	Louise starting now Louise and Mum starting now	Choose an item.

		week			
	Louise needs to grieve for her grandmother	Louise has identified who she talks to about her grandmother. Louise can say how this helps her.	Louise to speak with Winston's Wish worker and decide if they can help her in her grief.	Louise and Winston's Wish (starting in 6 wks)	Choose an item.
	Louise needs to talk with someone about her frustrations at home	Louise says who she talks to about her family and frustrations. Louise can report one incident when she walked away from conflict with her brother.	Louise to meet regularly to talk to someone she trusts about her family and ways she can deal with these issues without resorting to violence or aggression	Louise and 1:1 support, AEP staff	Choose an item.
	Louise needs to build her self-esteem and confidence	Louise can say three things she likes about herself physically. Louise can say three things she likes about her personality.	Louise and mentor to meet regularly. Louise to spend quality time with her mother. Louise to receive praise when she has done well and accept this praise.	Louise, Mum, AEP staff, Mentor to start now	Choose an item.
	Louise needs her own space at home where she feels safe and can calm herself down if she gets angry	Louise has a bedroom in which she feels safe and happy and enjoys spending time.	Support with re-housing application.	Shelter/CAB with Mum to start now	Choose an item.