

Care Plan for Kids and Young People



If my parent or guardian is unwell or I am worried or upset I should call:

Name	Phone number
Kids Helpline	1800 55 1800
Emergency	000
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

About me:

Name _____

My phone number/s _____

My parent's phone number/s Name _____
Number _____

My parent's phone number/s Name _____
Number _____

Other family members' numbers Name _____
Number _____

Name _____

Number _____

Name _____

Number _____

My address

Date of birth

Brothers and sisters names and ages

My school

Year/Grade

My doctor's name and phone number

My Medicare number

My medication (if I take any)

My allergies

Illnesses or special conditions I have

If my parent gets unwell and I need to stay with someone else for a while, it will be one of these people:

Name

Phone number

These people have agreed it is ok for me to stay with them Yes No

My parent/s has agreed it is ok for me to stay with them Yes No

I know how to get there (e.g. bus, taxi, getting picked up) Yes No

My parent knows how to contact me if I am there Yes No

Things I will take with me if I am staying away from home:

Some ideas: favourite clothes, a family photo, school bag, school books, school uniform, my own pillow, favourite toy, toothbrush, diary, music...

Here is some information about what I like:

If you have to stay with someone else while your parent is unwell, it will help them to know a bit about you.

My favourite foods

Foods I hate or am allergic to

My hobbies and stuff I like to do to relax

My cultural or religious customs (e.g. do you go to church? When are where?)

My favourite TV shows and movies

My favourite book or magazine

My favourite music or band

My favourite sport or team

Organising my week:

Here is a calendar to fill in the things you do each week (e.g. after school activities, seeing friends, appointments, etc.)

	Morning	Afternoon	Night
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Where will I get money from?

Talk to your parents first, or ask your support worker to help you find out if you are eligible for financial assistance.

What do I need money for?

Bus _____

Lunch _____

School expenses _____

Music or sport lessons _____

Other _____

Other _____

Other _____

If my parent goes to hospital I know that I will be able to:

- visit when they are well enough
- speak with them regularly by phone when they are well enough
- see photos of them regularly
- write letters to them
- Other

Please add any additional information here:

Signatures:

Me Name_____ Signature_____

Parent/carer Name_____ Signature_____

Parent/carer Name_____ Signature_____

Support worker Name_____ Signature_____

Date _____

Details of people who have a copy of this plan:

Name	Organisation (if applicable)	Phone
_____	_____	_____
_____	_____	_____
_____	_____	_____