



FAQS – YOUNG PERSON

I hope this answers most of your questions. If not please let me know anything I have missed.

Who are you?

My name is Sarah and when we meet I hope you will experience my enthusiasm and passion for the work I do. You can expect me to listen carefully, work at your pace, pay attention to detail and be respectful of who you are and your preferences. I am happy to arrange a quick zoom or phone call if you want to meet or tell me anything I need to know before we work together.

Why do I need to work with you?

By describing you fully as a person, I hope other people will understand and support you in the ways you want for yourself. This includes everything you enjoy and are good at as well as anything that might be difficult for you right now. I try to create lots of opportunities for you to tell me anything you want to share and will try not to make any assumptions about you.

Where will we meet?

We usually complete the assessment at your home. Occasionally it may be helpful to visit your school, college or workplace. We will always discuss and agree this together so you are involved and know what to expect.

Who knows we are meeting?

Your trusted person (usually a parent) and anyone else who is at home. They will usually have asked a member of staff from school, college or work to contribute information before we meet. If you decide you want to meet at school or college rather than home, then your teachers or tutors will be notified of any lessons missed. We will also stick to your usual breaks. Some people tell their friends that they are in a 'meeting' if they ask.

Do I need to prepare?

It is up to you to decide where you feel most safe and comfortable. Any quiet, family room works well. All we need is a table or flat surface to work on and a couple of chairs. I encourage you to look after yourself by bringing along some water, a healthy snack and/or a few of your favourite fidgets. You will know what distracts you so leaving devices, such as your phone, in another room might be helpful. If you need to bring your phone please turn your notifications and any voice activated apps off. I will do the same. Please think about anything else you might need, such as glasses, coloured overlays, hearing aids, cushions, blankets etc. You will know best what these are. You will not need pens or paper.

Is it a test?

I will invite you to complete different activities and questionnaires. Many of these have been developed with the help of other people your age. These help us explore what is easy and maybe less easy for you as well as any strategies you already use to support yourself. There will also be time for you to ask questions and tell me anything you feel is important for me to understand about you.

What happens?

Every person is different which means your assessment will be unique to you. Your responsible person will have already told me a little about what is going on for you right now. We will complete different activities together and I will explain these as we go. You will also have the chance to tell me about your hopes and goals as well as anything other people do that you find helpful. I will probably ask some questions to guide us and you can decide how helpful these are. You can also choose the order we do things and we can often change activities so they feel more comfortable, for example, you can complete a checklist if you don't want to speak or ask me to be your reader.

Can I complete the assessment online?

Working in person gives me a better sense of who you are and generally helps everything go smoothly. Occasionally, we might agree to complete some of the assessment online or decide together how we can change the assessment in a way that feels easier for you. As long as your trusted person is present throughout you do not have to be on camera.

What happens if I get tired or need a break?

We can pause or stop depending on what seems best. Sometimes a snack and/or short stretch break helps. Other times we need to stop and make a different plan.

How long will it take?

Generally I allow for two sessions each of around two hours. This might feel like a long time so you are welcome to take mini breaks as we go. You can also let me know how you want to space sessions. Some people prefer to complete everything on the same day and others like to schedule sessions on separate days. If you prefer the one day option we will take a long break (at least an hour) midway through. I will leave so you can do whatever you need to rest and recharge. I will then come back at the time we have agreed. When we finish I will leave straight away so you can unwind and relax.

Can someone stay with me?

This is up to you. Often your trusted person will stay while we get settled. If you want them to stay for longer, then we can do that too. I always make sure that your trusted person is at home and stays nearby in case you need their help. Pets often want to see what is going on and I welcome supportive, furry friends.

What happens afterwards?

I write a draft report (a first version that we can change). This describes our work together including anything you want other people to know and ways you like to be supported. It is really important that you talk through any recommendations with your trusted person so that you agree with any suggestions we are making. If I have missed out or misunderstood anything please let me know. I usually check in with your trusted person at this point to make sure that your report celebrates who you are, is helpful and accurate. Once we have agreed on a final version your trusted person will decide which people to share it with. The report I send is password protected and marked 'confidential' to keep your information private. It should only be shared with people whose job is to support and help you.

I hope this helps you know what to expect and very much look forward to working with you.