# Oxfordshire County Council Logo Oxfordshire Safeguading Children Board Website

# Day in my Life: Child with Disabilities

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| **Questions** | **Responses** | **Notes** |
| Waking  1. What time do I normally get up? 2. Can I see or understand that it is time to wake up? 3. Do I need help to get out of or transfer from my bed? Does this need special equipment? Do I understand how to use this equipment? Do my carers? 4. Are my mornings the same or is it different every day? What is my routine on a good day/bad day? 5. If I need medicine, does someone help me take it? 6. Is equipment supportive and working for my needs? 7. Do my parents/carers have any needs or health difficulties, and how does this impact on my care? 8. Who is awake in the house with me to help me if I need anything? |  |  |
| Personal care  1. Do I have help/equipment for toileting or washing? 2. Do I have to be supported to move with special equipment i.e. hoisting, a special chair? 3. Can I independently wash and clean my teeth? 4. Does someone come to my house to help me? Who are they? Is it always the same people? 5. Do I have to take regular medication, use daily creams or use special supports of equipment? |  |  |

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| **Questions** | **Responses** | **Notes** |
| Personal care (continued)  1. Do I have to have pureed food or my food through a feeding tube? 2. Do I have a special toothbrush that I use regularly and/or does someone else help me to wash and brush my teeth? 3. Do I feel pain with certain tasks like brushing hair, teeth cleaning or showering? 4. Do I have sensory difficulties which make my personal care difficult? Do I have strategies to help with this? 5. How often do I shower/bath? |  |  |
| Dressing  1. Do I wear special clothes, which give me extra help to keep me safe, clean and dry, or which can’t be taken off when I need to be dressed? 2. Do I dislike certain textures of clothes, zips, or buttons? 3. Are my clothes clean, the right size for me, my needs and right for the weather? 4. Do my shoes fit and protect my feet? Do I have different shoes that are right for the weather? 5. Does someone help me get dressed or can I do it myself? |  |  |
| Travel  1. Do my parents take me to school? 2. Do I always need to travel by taxi or minibus to school or have an escort or other support? 3. Do I have any physical, behavioural or other difficulties which make travel difficult for me? 4. Do I need to be met when I get to school? 5. Do I understand safety on the road and around cars and other people? |  |  |

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| **Questions** | **Responses** | **Notes** |
| In school/college  1. Do I like school/college/nursery? 2. How is my attendance? If not so good, why? 3. Do my parents/carers go to school meetings? 4. What is my favourite bit? What do I not like? 5. Do I have an Education, Health and Care Plan (EHCP) or other kinds of support? 6. If I am educated at home, how is my progress monitored? Do I have access to the resources I need at home? Does anyone help with this? 7. Do I complete homework and reading at home?   Who supports me with this?   1. Do my carers tell school about any difficulties I have had that morning? 2. What do I do at breaks? Do I have a snack? 3. Do I have appropriate food for me at school? 4. Do I have all the things for school – medication, workbooks, uniform, PE clothes, coat, hats, gloves, nappies, spare clothing, access to learning portal, any support items needed? 5. Do I have a trusted teacher/someone to talk to? 6. Do I see anyone for help at school – school nurse, Educational Psychologist, Speech and Language Therapist, Physiotherapist, Occupational Therapist, School Health Nurse?. 7. Do I got on school outings or trips? 8. Do I have health appointments at school? 9. Do I have any special equipment I need? 10. Do I have a behaviour plan or any support to help with harmful or risky behaviours? 11. Are there things I can’t do at school because my behaviour is risky or harmful to me or others? |  |  |

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| **Questions** | **Responses** | **Notes** |
| After school / College  1. Do my parents collect me, or do I travel by minibus or taxi? Do I need an escort? 2. Does school pass on any issues for me during the day to my parents/carers? 3. Do I go home at the end of the school day or do I go to afterschool clubs? 4. Do I watch TV or use a computer, tablet or phone and is what I watch okay for my age? 5. Do I have homework to do and does anyone help me with it? 6. Does anyone help me with food, drink, toileting, when I get home? 7. If I need any help in the evening, who helps me? 8. If I need to do homework, does anyone check I am doing it? 9. Do I like to play with toys, read books or do other things for fun? 10. If I do something that creates problems or is risky to me or others, what happens? 11. What sort of things might cause me stress or lead me do risky things in the evenings? 12. Does someone have to hand me toys to play with as I am not able to access them myself due to mobility or visual impairment? 13. Do I only like certain activities, videos, programmes? 14. Am I encouraged to participate in other activities and try new things? 15. Am I included in family life? How am I included? 16. Do I find some toys/play activities too noisy or too busy? 17. Does someone need to supervise me as I find it difficult to play with others, to share, or to be close to other people? 18. Do I spend time in my bedroom alone? |  |  |
| Evenings  1. Do I have a dinner in the evening and what time is this? What do I eat? 2. Does someone have to prepare and help me eat my dinner? Where do I eat? 3. Do I have a favourite food? 4. Do I eat with others? 5. Do my carers understand if I am hungry or not? Do they provide food for me? 6. Do I watch TV and what do I watch? 7. Do I use the internet? What device do I use – laptop/ tablet/phone? Does anyone check what I am doing on the internet/are there parental controls? What sites do I visit online and what do I do? 8. Do I go out in the evening and if so, who do I go out with? Do I have carers to take me out? Do they have the appropriate equipment and training to look after me? 9. What do I do with my family in the evenings? Am I included in family time? 10. Do I need medication before I go to bed? Who gives this to me? |  |  |
| Bedtime  1. Do I go to bed at the same time every night? 2. Who decides when it is bedtime? 3. Does someone help me with my personal care? 4. Where do I sleep? Do I have a special bed? How do I get into my bed? 5. Do I like where I sleep? |  |  |

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| Bedtime continued  1. Who else is in the house at night-time? Do I have additional carers overnight? 2. Do I have my own room? 3. Do I have what I need in my room (clean bed, curtains, warm floors, specialist equipment)? 4. Do I have to wake in the night, or be woken to be changed or turned? |  |  |
| School holidays / Weekends  1. What do I do in the school holidays? 2. Do my family spend time with me? 3. Do I have anyone to provide extra care for me? Do I spend time with carers and not my family? 4. Do I go on days out with my family or carers? 5. Am I provided with the food I need, and do I get more or less food during holidays? 6. Am I encouraged to experience new activities? 7. Do my parents or carers have access to a special car that is suitable for my needs or equipment in? 8. Do I have the appropriate equipment to enable me to go out in the community, e.g. walking support, wheelchair, and is this regularly reviewed to give me the best support to develop and grow? 9. Do I have access to toys or activities, including the opportunity to socialise at home? 10. Does my home have good heating, mobility aids if needed, access to books, internet, etc. |  |  |

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| Sleep  1. Do I need a special sleep system or supports to keep me safe in bed? 2. Do I need to be repositioned, fed, or checked in on at night? 3. Do I need to use a hoist to get into bed, or go to the toilet? Who helps me with this? 4. Do I need a nappy changing, pad change or other cleaning in the night? 5. Do I have a bedtime routine? Who helps me get ready for bed? Can I got to bed on my own (for older children and young adults)? 6. Do I sleep well or tend to wake? How often might I wake? What happens if I wake? 7. Does my parent/carer respond or am I left to cry or self soothe? 8. Can I rest well, or am I still tired the following day? 9. Are any sleep problems considered in health plans? |  |  |

Question list can be edited, extended or reduced to suit family circumstances.

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Oxfordshire Family Solutions?