

I'm Wondering...



What is a case plan?

You might be wondering... what a case worker does?

A case plan is a written plan made by grown-ups to help decide what needs to happen next in your life. This plan is updated each year or if any major changes happen.

It is about keeping you safe and helping the adults around you know what they are working on.

A case plan is not about blaming you.

It is not a list of things you have done wrong.

Here's one way to think about it

A case plan is like a map.

It helps adults remember what is important and what they are trying to figure out.

Sometimes the map changes, because life changes.

If you want to...

- You want to ask your case worker questions
- You don't feel like talking, that's okay too.
- You can ask for things to be explained again or in a different way.
- You can email or write your thoughts and feelings down if its hard to talk
- You can tell a trusted adult how you feel, even if you're not sure how to put it into words.

One thing to remember

You are not in trouble for wondering about these things.

There is no such thing as a silly question.

You have the right to ask questions, at your own pace.

How some children might feel about their case plan?

- Confused
- Worrying
- Safe
- Embarrassed
- Overwhelmed
- Frustrated

All of these feelings are allowed.

Who might help make your plan?

- Case worker
- Family members
- Your carers
- Teachers
- Doctors
- YOU!

Some things case plans often talk about

- Where you are living
- School and learning
- Health and wellbeing
- Family and important people
- What adults are worried about
- What adults are hoping will change

Not all plans look the same

For adults supporting this child

- Read together only if the child invites you to.
- Notice what parts the child is curious about or avoids.
- This is about understanding and permission, not agreement or compliance.