

BLANK TEMPLATES

TO USE AND SHARE

WITH SCHOOLS



**Spinal
Muscular
Atrophy uk**

SUPPORTING • INFORMING • ADVOCATING

We have used suggestions from the parents / carers who helped us develop this pack to make flexible blank templates:

In green:

About Me: like the example of Liam, to include everything you want to say about your child's SMA.

In blue:

About Me: like the examples of Aash and Evelyn with a small section to say about your child's SMA – more detail can then be included in their health story.

In purple:

My SMA Health Story – like the examples of Aash and Evelyn. This covers most areas of daily living / health that may be impacted by your child's SMA. You may not need all of the sheets included in this.

There is also a 'cut and stick' sheet with pictures for you and your child to use if you would like to.

If you've received this pack online, then you should be able to edit and add pictures as you wish without needing any specific editing programmes.

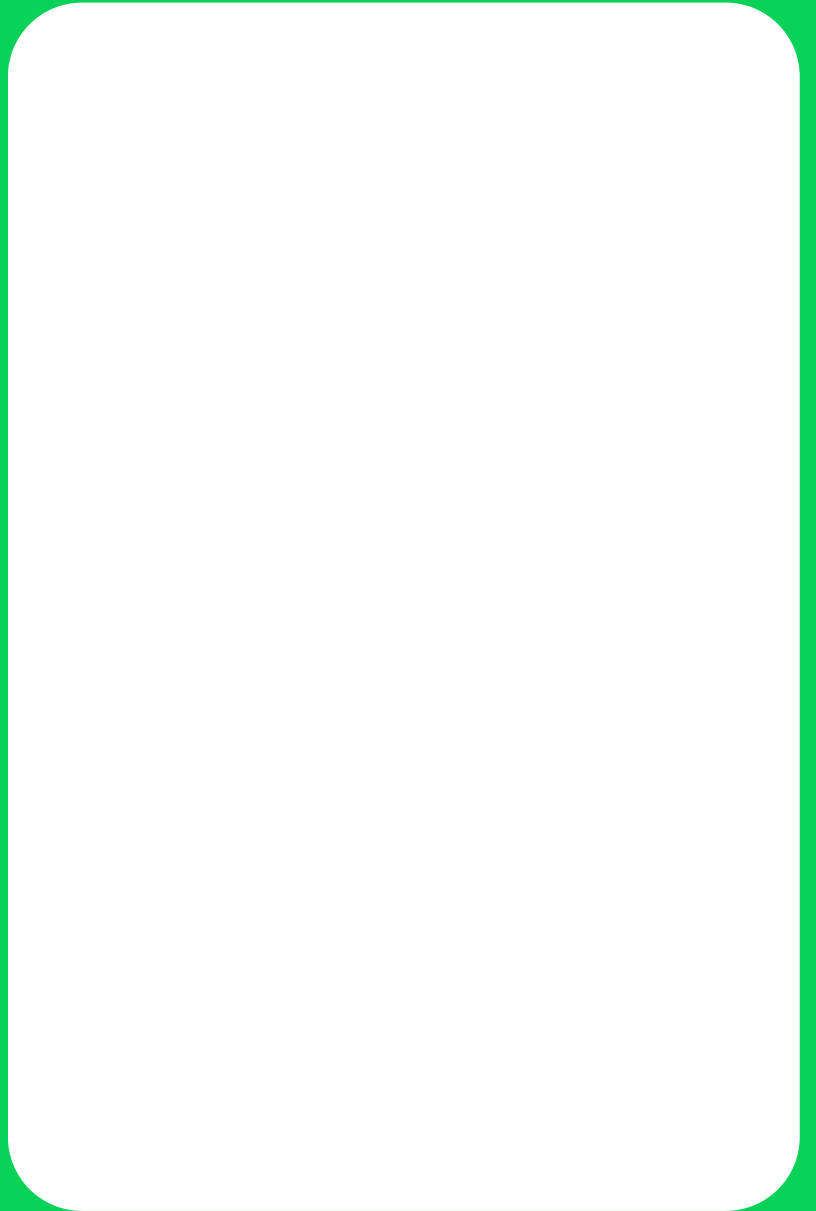
However, if you would:

- prefer a printed copy to handwrite on,
- like your handwritten version to be made into a typed copy,
- like us to make more copies of what you have prepared,
-

Then please contact us by email: information@smuk.org.uk or phone the office on 01789 267520 and ask to speak to someone from the Information Team.

All information about your child will be treated in confidence and not stored.

About Me



My Name : _____

My Birthday : _____

What's happening for me now:

Some of the people who are important to me:

Things I like doing:

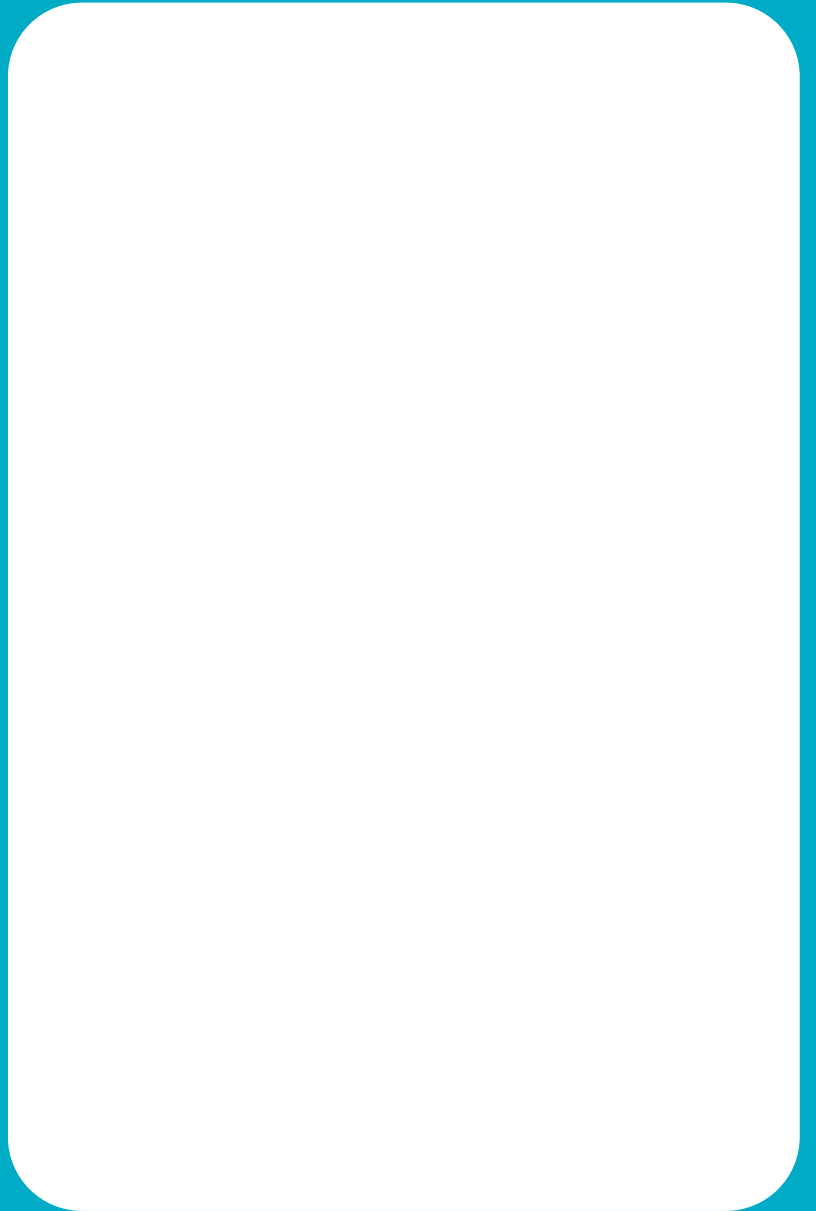
A large, empty white rectangular area with rounded corners, intended for writing or drawing. It occupies the majority of the page below the title.

My SMA:

I have Spinal Muscular Atrophy. You can read more about this in the **Information Sheet**.

Other important things to know about me:

About Me



My Name : _____

My Birthday : _____

What's happening for me now:

Some of the people who are important to me:

Things I like doing:

Things I like doing when I have help:

Why I need extra help:

I have Spinal Muscular Atrophy – or SMA for short. You can read more about this in the **Information Sheet**.

With the right support and equipment, I can join in and learn and play with everyone else. There's more about this and the help I need to manage my SMA in my Health Story.

Other important things to know about me:

My Health Story

My Name :

My Birthday :

I have Spinal Muscular Atrophy - or SMA for short. You can read more about this in the **Information Sheet**, but that's just general. My Health Story tells you how SMA affects ME. With the right support and equipment, I can join in and learn and play with everyone else.

The help I get now:

My movement and mobility:

With SMA, your muscles don't receive strong signals from the brain making some muscles weaker and some movement more difficult.

Sitting:

Standing:

Walking and mobility:

My movement and mobility – continued:

Transfers:

Other important things about my mobility:

My arms and hands:

Arm strength and reach:

Writing and drawing:

Fine motor skills:

Other important things about my upper body strength:

My bones and joints:

SMA weakens the muscles which support the spine and other bones.

My spine:

My legs, feet and ankles:

Stretching and flexing:

Other important things about my bones and joints:

Eating, Drinking and Nutrition:

SMA can affect the muscles that are used for swallowing.

Eating:

Drinking:

Care and routine:

Other important things about eating and drinking:

Other things during the day:

Getting changed:

Toilet time:

Energy and fatigue:

Other important things during the day:

Medication:

Treatment for my SMA:

My medicines:

Medication	Frequency	Extra information

Other important medication things:

Equipment I will need at school:

Everyone who needs to help me will have training.

Equipment

How it helps

Extra information

Equipment	How it helps	Extra information

About Me



My Name : _____

My Birthday : _____

What's happening for me now:



Some of the people who are important to me:



Things I like doing:

Things I like doing when I have help:

Why I need extra help:

I have Spinal Muscular Atrophy – or SMA for short. You can read more about this in the **Information Sheet**.

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My Health Story

My Name :

My Birthday :

I have Spinal Muscular Atrophy - or SMA for short. You can read more about this in the **Information Sheet**, but that's just general. My Health Story tells you how SMA affects ME. With the right support and equipment, I can join in and learn and play with everyone else.

The help I get now:

My movement and mobility:

With SMA, your muscles don't receive strong signals from the brain making some muscles weaker and some movement more difficult.

Sitting:

Standing:

Walking and mobility:

My movement and mobility:

Transfers:

Other important things about my mobility:

My arms and hands:

Arm strength and reach:

Writing and drawing:

Fine motor skills:

Other important things about my upper body strength:

My bones and joints:

SMA weakens the muscles which support the spine and other bones.

My spine:

My legs, feet and ankles:

Stretching and flexing:

Other important things about my bones and joints:

Breathing:

With SMA, breathing muscles can be weak.

Keeping my nose and mouth clear:

Coughing:

Help to take bigger breaths:

Other important things about my breathing:

Eating, Drinking and Nutrition:

Eating:

Drinking:

Care and routine:

Other important things about eating and drinking:

Communication:

SMA can affect the muscles needed for speech.

Speaking:

Listening:

Communication support and technology:

Other things during the day:

Getting changed:

Toilet time:

Energy and fatigue:

Other important things during the day:

Medication:

Treatment for my SMA:

My medicines:

Medication	Frequency	Extra information

Other important medication things:

Equipment I will need at school:

Everyone who needs to help me will have training.

Equipment

How it helps

Extra information

Equipment	How it helps	Extra information