**What is an Aspiration?**

As part of an EHCP assessment or review, or as part of other decisions in your life, you could be asked about what your aspirations are. An aspiration is a hope or a dream you have for the future.

![C:\Users\dione.watson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PXN30WX0\goals[1].jpg]()

This can be something you would like to achieve in 1, 5 or 10 years’ time or even before your birthday.

Think about how you would like things to be in the future.

What barriers would you need to overcome?

Do you need extra support or information?

**Here are examples of aspirations**

* Go to university
* Get a job or supported internship
* Travel on a bus or train by myself

![C:\Users\dione.watson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KVA42EV3\goal[1].jpg]()

* To be involved in decisions about my education
* Live on my own or with my friends
* Learn how to cook
* Having friends or relationships
* To do things by myself
* Go to the shops and know how to work out if I have got the correct change.

You might want to write down your aspirations to help you and others around you to plan for the future and what support you might need to achieve these.

If you need any support with expressing your views and wishes for your future you can contact SENDIASS on 01274 513300, or email bradfordSENDIASS@barnardos.org.uk