

# All about YOU!

Your DCYF team wants to partner with you to make sure that your voice is heard and shared with potential caregivers.

The “All about Me” form will ask you questions about everything from your pronouns to your favorite movie and sleeping habits. You can share as much or as little as you’d like, but the more you share the more information we have when placing you with a caregiver.

This information will help your caseworker and others find a caregiver that fits your needs. You can also add extra items like photos, drawings, or a letter.



## Next Steps

1. Download and complete the *All About Me* (05-301) Form at [www.dcyf.wa.gov/forms?field\\_number\\_value=05-301&title=](http://www.dcyf.wa.gov/forms?field_number_value=05-301&title=)
2. After you complete this form, it will go to our placement team to then send to potential caregivers.

## Example Answers to Get You Started

- For “Things I want to learn” share skills that you would like to learn from your caregivers like cooking, playing a musical instrument or a sport, or how to crochet.
- For “My sleeping habits” share routines or items that help you sleep like a fan or white noise machine, a nightlight, or a cup of tea.
- Sharing your favorite music or games may uncover a shared interest between you and your caregiver.

If you have any questions, reach out to your caseworker.

For additional resources for foster youth visit <https://dcyf.wa.gov/services/foster-youth>

This publication provides examples for youth when completing the All About Me (05-301) form.



View the form by scanning the QR code or visiting:  
[www.dcyf.wa.gov/forms?field\\_number\\_value=05-301&title=](http://www.dcyf.wa.gov/forms?field_number_value=05-301&title=)



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**CHILDREN, YOUTH & FAMILIES**