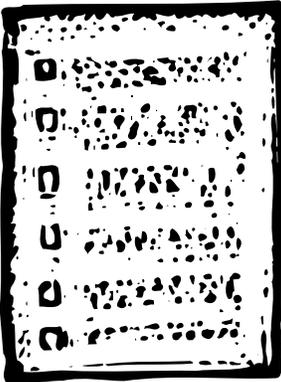


Appendix 1

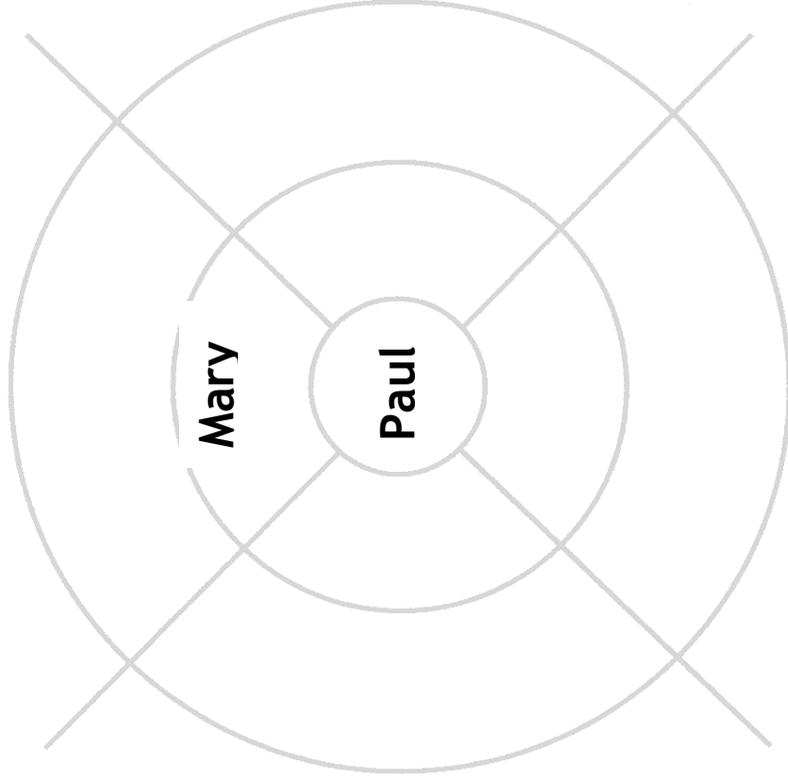
Using Paul's Plan to Show
How Information
You Have Gathered is
Organized into a Plan

Other Sample Plans

4th Edition
Developed by
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Family



What is Important to Me

My sister Mary



What Others Need to Know or Do to Support Me

Paul talks with Mary at least once a week. He'll ask you to dial the phone for him, then give him privacy to talk with Mary



What are the Characteristics of People Who Support Me Best

Quiet
Follow up on what they promise



Great Things About You

Hard worker
Nice Guy
Kind Hearted
Fun to be around
Knows everyone he sees
Outgoing
Caring
Very Cheerful

My Introduction - Great Things About Me

Great friend
Looks out for other people
Hard Worker

Asking,
Conversation

What is Important to Me

Spending time with people who he likes, and who like him
Doing fun things such as
Going to the movies
Amusement parks
Going to work everyday

Asking,
Conversation

What Others Need to Know or Do to Support Me

Paul will go to work every day of the week, you need to remind him when holidays or other schedules will change his routine.

Your List of Favorite Things

CD with oldies on it
Watching TV
Going grocery shopping
Photos of my family and friends
MT. DEW
Meatloaf with ketchup
Coffee in the morning
Cooked Carrots
Nice weather

What is Important to Me

Drinking coffee every morning and 2 cans of Mt. Dew every day
My sister and her family-
Talking to them on the phone each week
Having their pictures with me, in my wallet
Listening to my oldies cd when I want to

What are the Characteristics of People Who Support Me Best

People who genuinely care about me
Good cooks

Ask,
Conversation

What Others Need to Know or Do to Support Me

I don't have any reason to watch my diet, so don't nag me about drinking too much Mt. Dew.
Ask me if I need anything before we go shopping, let me decide what to put on the list

Your List of Things You Don't Like

Days when my work is closed, or there is no work to do
Being bored, having nothing to do
Being cold
Sitting in traffic (it makes me late for dates and appointments)
Spending time with bossy people

Ask, have a conversation

What is Important to Me

Being productive
Making money
Always being on time
Having control of my schedule

What are the Characteristics of People Who Support Me Best

People who respect me, ask my opinion, and don't boss me around
People who are always prompt

Ask, have a conversation

What Others Need to Know or Do to Support Me

If you want me to do something ask me, don't order me
Plan ahead, especially if we are likely to sit in traffic
Remind me about days work will be closed, and help me plan for other things to do

Your Best Week Day or Weekend

Spend the day in the sun

Getting up for work with enough time to eat a good breakfast and go through his whole routine, and relaxes before leaving



What is Important to Me

Staying warm

Having my routines honored, not being rushed

What Others Need to Know or Do to Support Me

Paul is always cold, so he wears long sleeve shirts and jeans every day

Make sure he is awake at least an hour before he needs to leave in the morning, but don't nag him

What Others Need to Know to Help Me Stay Healthy and Safe

Your Worst Week Day or Weekend

Wanting paid work and not having any that he's able to do

Having an argument with a co-worker or friend.

Being sick

What is Important to Me

Feeling good
Getting along with my friends
Earning money
Staying Busy

What Others Need to Know or Do to Support Me

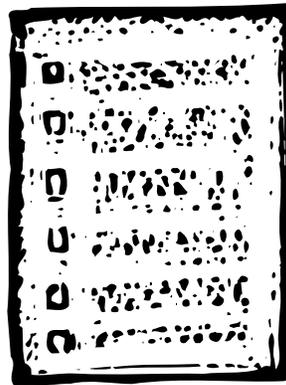
If Paul comes home from work upset, take time to talk with him.
If he had an argument, help him figure out what to do.

What Others Need to Know to Help Me Stay Healthy and Safe

Paul doesn't tell anyone when he is sick. You need to pay attention to his routines. If he doesn't eat, ask him if he's feeling ok.



Families Planning Together: Starting Work on an Essential Lifestyle Plan



Appendix 1

Using Paul's Plan to Show How Information
You Have Gathered is Organized into a Plan

Other Sample Plans

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