



PLAN YOUR CAREER, ENVISION YOUR LIFE

Person Centered Planning Concepts
with Individual Students or Groups



The Most Important Things in My Life Are....

1.

2.

3.

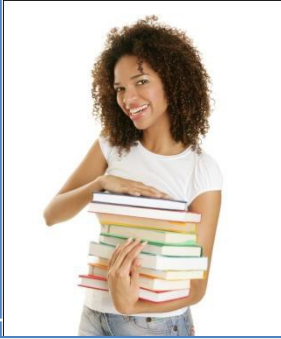


Things I Can Do



Things I can do by myself	Things I need help to complete	Things I would like to learn to do





Strengths of Mine

<u>General Good Things About Me</u>	Good Work Skills I Have	Strengths I could share at an Interview



Things I Like and Enjoy

Places

People

Things or items

Things to do or activities



What Helps Me Do My Best?

What resources do I need? How do I learn best? What helps me do well at work?

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The 4 Most Important Things About a Place to Are:

(please list your most important point first)

1.

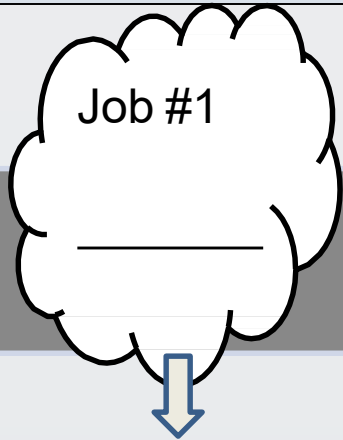
2.

3.

4.

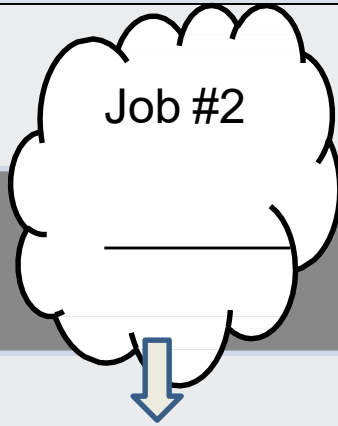


Career Goals: Jobs I would be good at and enjoy



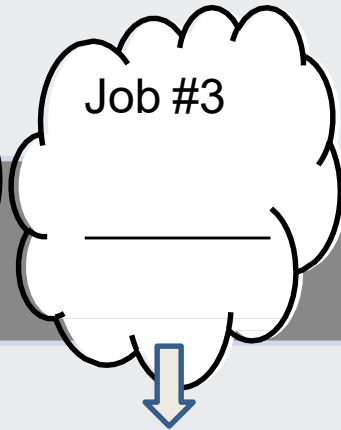
What Tasks Would I Do There?

- 1.
- 2.
- 3.
- 4.



What Tasks Would I do There?

- 1.
- 2.
- 3.
- 4.



What Tasks Would I Do There?

- 1.
- 2.
- 3.
- 4.

Connections

People Who Can Help Me Find & Learn a Job

1.

2.

3.

Agencies That Can Help Me Find & Learn a Job

1.

2.

3.

1.

2.

3.

Connections I Have , Employers I Know



The 4 Most Important Things About a Place to Live Are:

please list your most important one first

- A place I would want to live should have _____
- A place I would want to live would be _____
- A place I would want to live might look like _____
- A place I would want to live would be close to _____



Relationships

People who are important to me:

1.

2.

3.

People I would like to meet:

1.

2.

3.

People I would like to live with:

1.

2.

3.

How Will I Make Plans and Contact Friends?

- Ways I can keep a calendar or make appointments -
- Ways I can contact friends and family -
- Ways I can find fun things to do -
- Ways I can meet new people -
- Ways I can stay in contact with my friends and family -

For My Family or Support System Outside of School: Employment

- Do you have a vision for employment for your son or daughter? http://www.arcwa.org/what's_next.htm
<http://www.doh.wa.gov/cfh/mch/autism/Documents/Guidebook/Chapter7.pdf>
- Do you know the available adult resources to assist in Employment Supports? <http://www.dshs.wa.gov/ddd/counties.shtml>
- Do you understand Social Security Benefits for recipients who are working and how to report wages? <http://www.ssa.gov/redbook/>
- Do you have a systems at home to support your student to succeed at work? www.gowise.org

For My Family or Support System Outside of School: Social Connections & Activities

- Does your student have ample opportunity to connect with friends outside of school?
- Does your student have a consistent way to make plans with friends?
- Has your student signed up for activities outside of the school day?
- Does your student use social networking (email, cell phone, facebook) to connect with others?
- Does your student have a calendar or appointment device with regular activities listed?

For My Family or Support System Outside of School: Independent Living

- Do you have ideas for where your student will live in the future?
- Does your son or daughter have friends they would like to live with?
- Do you know other families who are interested in looking for housing options?
- Do you know the adult resources available to assist with housing?
- Do you have a workable plan for housing in the future?
- Have you looked into guardianships, trusts, wills, and Individual Development Accounts?



FOR INFORMATION ON TRAINING
OR QUESTIONS REGARDING
THESE MATERIALS CONTACT:

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