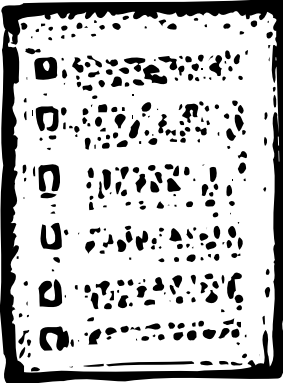


## Appendix 1

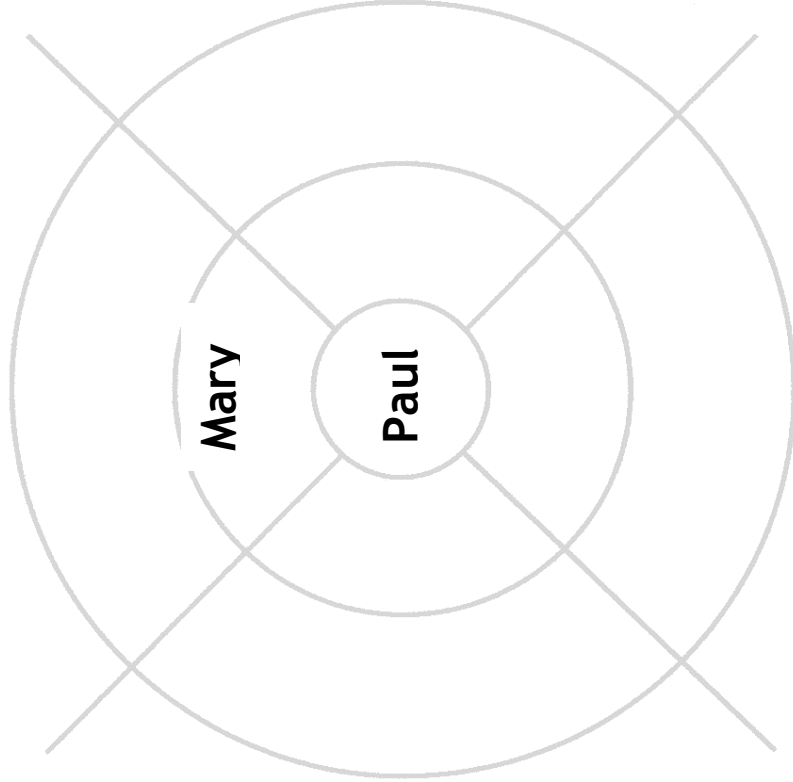
Using Paul's Plan to Show  
How Information  
You Have Gathered is  
Organized into a Plan

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**

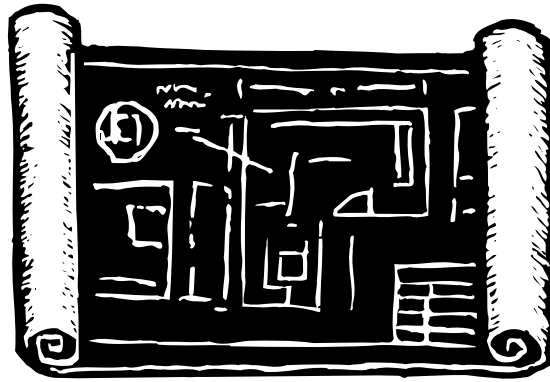
Feeling good  
Getting along with my friends  
Earning money  
Staying Busy

## **What Others Need to Know or Do to Support Me**

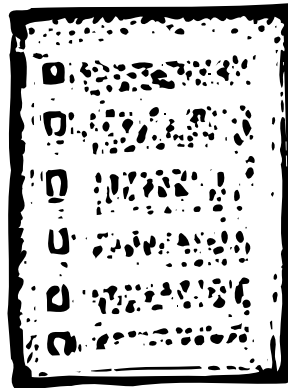
If Paul comes home from work upset, take time to talk with him.  
If he had an argument, help him figure out what to do.

## **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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