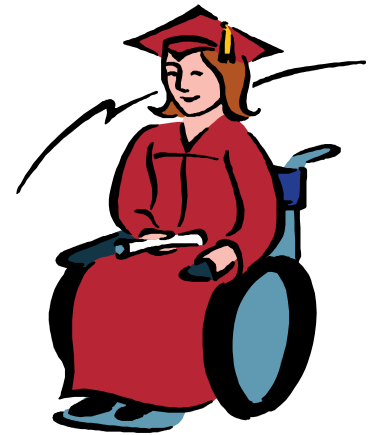
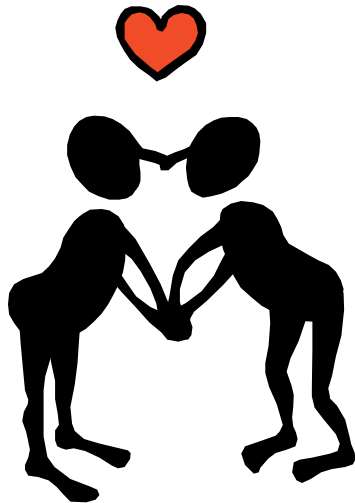


**ATTENTION!**



**This is YOUR Life.  
What Do You Want to Do??**



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# WHAT IS IN THIS BOOK?

This book has some information and asks some questions to think about. It will help you make some decisions about what you want to do with your life, and give you some ideas for your individual service plan. There is a lot more to think about than just what is on these few pages. This is only a start.



**Celebrating YOU ... page 4**



**What is a Service Plan ... pages 5-8**



**Decision-Making ... pages 9-10**

## Worksheets to help you think about your future:



**Jobs ... pages 11-12**



**Friends ... page 18**



**Where to Live ... pages 13-15**



**Anything Else? ... page 19**



**Support Staff ... page 16**



**Goals ... pages 20-21**



**Fun ... page 17**

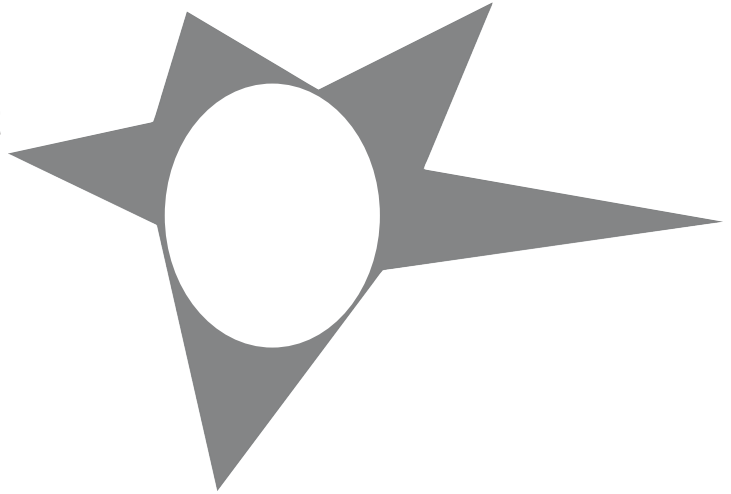


**Find Out More ... page 22**



# CELEBRATING YOU!!!

Draw a picture of yourself or put your photograph in this star.



This book is about YOU! You are the Star!

What are you good at?



? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_

What do you like about yourself?

? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_



What do other people like about you? *(Ask your family and friends!)*



? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_



# You are the STAR!! ... but WHAT is a SERVICE PLAN?

A plan talks about who a person is and what they need help with to reach their goals. It may include a person's strengths, areas where they want to grow and dreams for the future.

Everyone who gets services from the Rhode Island Division of Developmental Disabilities needs to have a plan.

Some other names for a plan are:

- General Service Plan (GSP)*
- Individual Support Plan (ISP)*
- Individualized Personal Plan (IPP)*
- Personal Future Plan (PFP)*



Whatever it's called, remember this:



## ***YOU should understand your plan.***

Your plan should be done in a way that makes sure YOU know what it's about. It should be in your words and in your way of communicating.

braille



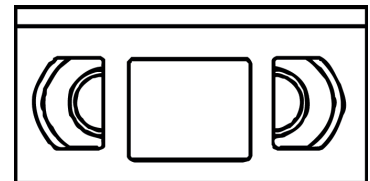
sign language



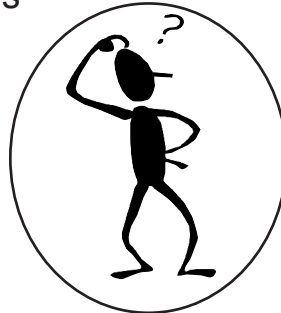
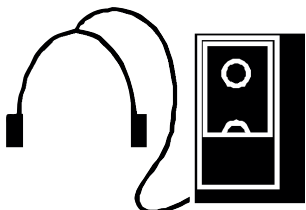
pictures



video tape



cassette tape



WHAT EVER  
WORKS BEST  
FOR YOU



# THE PLAN IS ALL ABOUT YOU AND ALL FOR YOU!



Whose life is it? **YOURS**

Whose dreams? **YOURS**

Whose goals? **YOURS**

Whose future? **YOURS**

Plan *WITH* me  
NOT  
for me  
~Brian Salvagna



\* You should be *informed*

\* You should be *involved*

\* You should *agree*  
with what it says



## BE COMFORTABLE WHEN YOU MAKE *YOUR* PLAN

Meet with people you trust and are comfortable with



Have the name and phone number of the Executive Director who runs the agency(s) that you're getting services from: \_\_\_\_\_



Have the name and phone number of your DD Social Worker: \_\_\_\_\_



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# HOW TO MAKE A PLAN



Think about your future.  
What do you dream about?  
What do you need to get there?



*"You can't always have everything you really want. No one can! So you've got to figure out what's most important to you, and you've got to try!"*  
~Chris Craddy



**Say  
Your Dreams  
Out Loud**



*It makes them more real*

*It makes you feel stronger*



*It lets you connect with others who can help*



It takes **TIME** to write a good plan



Ask friends for information, ideas and advice



“If your first plan doesn’t work,  
have a back up plan”.

~David Vaughn



If at first you don’t succeed ...  
**NEVER GIVE UP!**

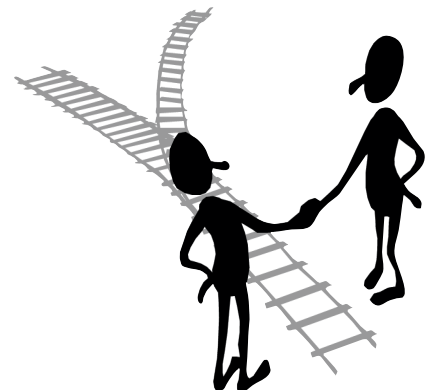
### REVIEW YOUR PLAN

*You can change it!*

You can change your mind!

You can make mistakes!

You can try something,  
decide it’s not for you,  
and try something else!

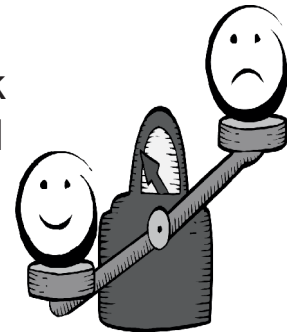




# How Do I Make DECISIONS?????

To write your plan, you will need to make a lot of decisions. Here are some ideas about how to make them.

Making a decision means looking at everything you think is good about something and everything you think is bad about something. Then you choose what you will do.



Think about whatever you are trying to decide.

You need to have the right information.

**Ask yourself these questions about your decision:**

**How much will it cost?**



???????

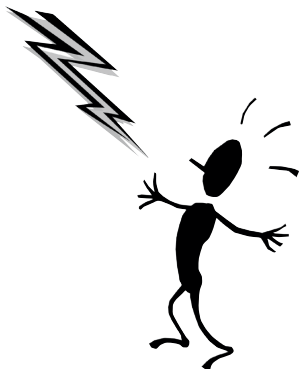


**What do I need to do or learn?**

**Will I like it?**



**Will I be safe?**



**What are my other choices?**



**Any other questions?**

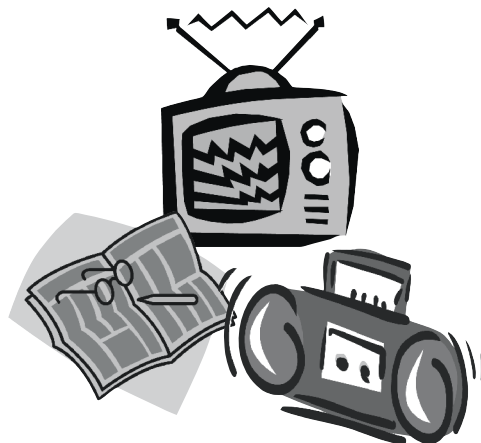


# Where Can I Get the Information to Make Decisions?

## 1) FIND OUT ALL YOU CAN



- ◆ Listen to Radio
- ◆ Read the Newspaper,
- ◆ Watch TV
- ◆ Check Out the Internet



## Ask!



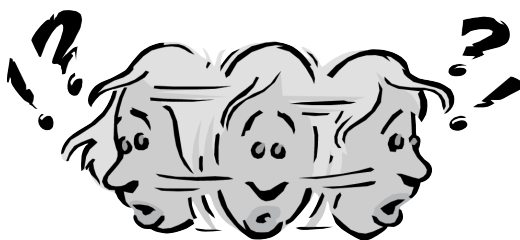
- Ask people who have tried what you want to try
- Ask people who have studied information about the decision are trying to make (doctors? teachers? case workers?)
- Ask your family and friends what they think

## 2) TRY IT!

- ◆ You never know for sure until you try
- ◆ Don't be afraid to make a mistake
- ◆ You may have to take some risks
- ◆ Ask for help if you need it
- ◆ Think about what is safe and what you are comfortable with
- ◆ Experiment by testing things before you make your final decision



## 3) CHANGE YOUR MIND



- ◆ It's really ok to try something and then decide it isn't for you
- ◆ People change their minds all the time





# WORK -- JOBS --- EMPLOYMENT

There are a lot of different jobs out there. Working inside ... outside ... with lots of people ... at a desk ... with animals ... with machines... What do YOU want to do?

If you have a job now, what do you like about it?



*A paycheck? Responsibility? Doing something I enjoy?*

? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_



If you're looking for a job, what excites you about getting one?



? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_

Does anything make you nervous about getting a job?



*Never done it before? Will I be safe? What if I don't like it?*



? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_



# What is your DREAM JOB(s)?

If you could do any job what would you want to do?



? \_\_\_\_\_

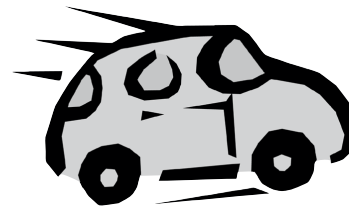
? \_\_\_\_\_

## What are some of the things you need to get this job?

Education? Experience? A way to get there? The right clothes?



? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_



**YOU** may already have some experience that can help you go for your dream job!



My job now is:



My school and/ or job training experience:



Volunteer work I do (have done):



Things I know how to do:





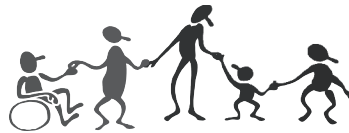
# HOME

**Where do you live?**

*Is it a house? An apartment? A condominium? A group home?*

? \_\_\_\_\_

**Do you live with anyone?**



*Family? Friends? Housemates?*

? \_\_\_\_\_

**What do you like about living there?**



*My own place? I feel safe with my family? Good housemates?*

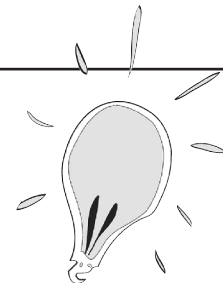


? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_

**Is there anything you would change about the place you live now that would make it better?**



*More privacy? An accessible bathroom? A different housemate?*



? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_

# Are you thinking about moving?

Why do you want to move?



*Getting my own place? Getting married? A job somewhere else?*

? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_



Where do you want to move?

*What part of the state? What kind of home? With anyone/who?*



? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_

Do you have any concerns about moving?

*Being safe? Paying the bills? Being alone? Taking care of myself?*



? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_

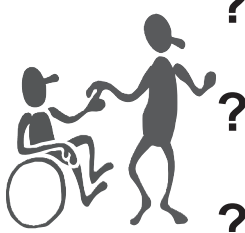


**What are some things you have now to help you move?**

*A place to move to? Rent money? Furniture?*



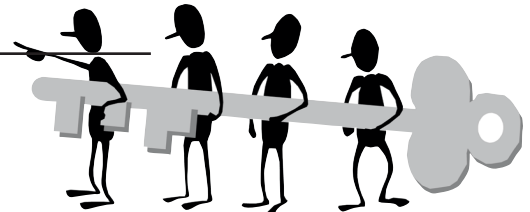
? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_



**What are some things you will need to help you move?**

*A person to live with? Knowing how to cook/clean/etc?*

? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_



**GIVE AND TAKE?**

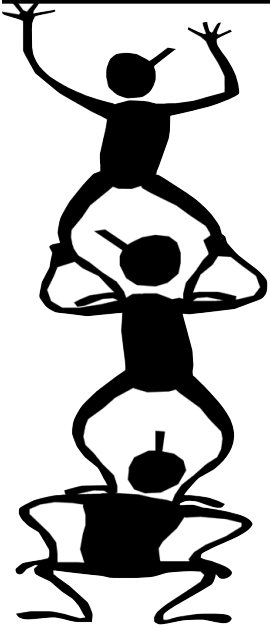
**You may not always get exactly what you want -- what things are most important to you?**

*Living alone? On bus route? Having a pet? My own room?*

? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_



# STAFF SUPPORT



What do you need staff to help you with:  
*Banking? Rides? Cooking? Medical? Safety?*

? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_



What do you want from your support staff?

*Respect? Being on time? Experience? Able to get me places?*

? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_  
\_\_\_\_\_



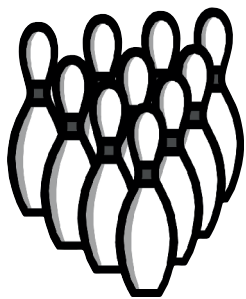


What do you do for



What are your hobbies? Things you enjoy?

*Movies? Dancing? Sports? Computers? Crafts?*



? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_



Would you like to try something new (or do something more often)?

*Try a new hobby? Visit a new place? Go on a date?*



? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_

What would you need to help you try something new (or do it more often)?

*A ride? Money for a class? A friend to go with?*



? \_\_\_\_\_  
? \_\_\_\_\_  
? \_\_\_\_\_





## Circle of Friends

*"I get by with a little help from my friends."*

*~The Beatles*

**Who are the most important people in your life?**

? \_\_\_\_\_

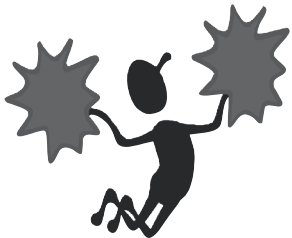
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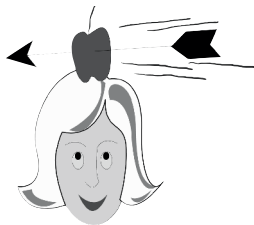
**What makes a good friend?**

*Trust? Fun to be with? Reliable? Encouraging? Helpful?*



? \_\_\_\_\_

? \_\_\_\_\_



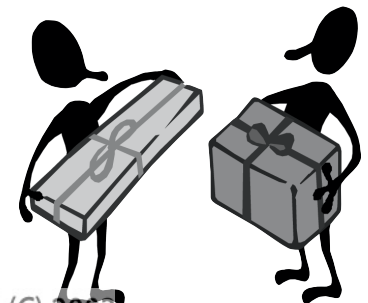
? \_\_\_\_\_

**What makes YOU a good friend?**

? \_\_\_\_\_

? \_\_\_\_\_

? \_\_\_\_\_



# ANYTHING ELSE??



There are lots of other things that you might want to think about and include in your service plan. Here are some possibilities. Circle the ones that you would like to talk about in your plan.

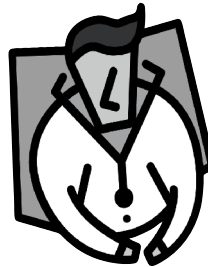
Remember, your plan is for YOU! Include whatever is important to you.



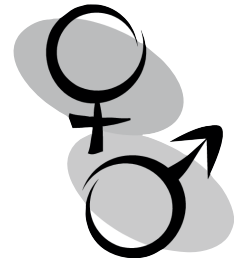
Eating Well



Exercise



Medical Care



Sexuality



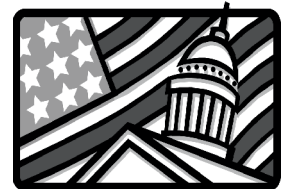
Dating and Marriage



Spirituality



Support Groups



Politics



Self-Advocacy



Education

## What Else??

---

---

---



Think about your future. Do you have any goals? Use the space below to write or draw one or more goals for each of the areas you've thought about while using this book. There aren't any wrong answers.

**Remember, this is *your* life! What do you want to do?**



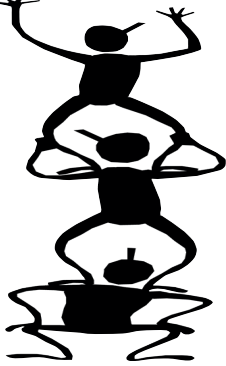
## WORK



## WHERE TO LIVE



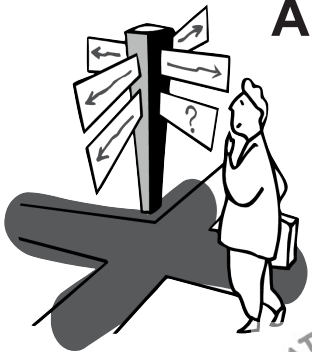
**STAFF  
SUPPORT**



**FRIENDS**



**ANYTHING ELSE**



This book was developed and produced by Advocates in Action, Rhode Island's Statewide Self-Advocacy Organization, with support from the Rhode Island Division of Developmental Disabilities and PAL. Thank you to ALL the people who helped review this book and shared their ideas!



For more information about the topics covered in this book, and/or to purchase additional copies of "Attention! This is Your Life." contact Advocates in Action at:



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Additional information is also available thru the PAL Resource Center:

### **PAL**

96 Rolfe Square

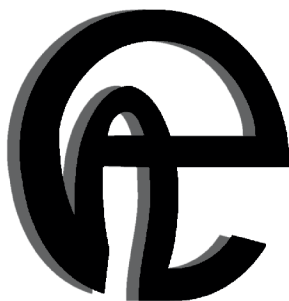
Cranston, RI 02910

401-785-2100

401-785-2186 fax

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Live!

Take Some Risks

Unlock Your Future

MAKE CHOICES

UP  
BREAK  
UP

LOVE!!!

Step Out

Have Fun!

Change Your Mind



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