



I Want a Good Life

Supporting My Life
with My Plan



I Want a Good Life: Supporting My Life with My Plan

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<http://www.vcu.edu/partnership/cdservices>
and click on person-centered resources.

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This booklet was created by:

**Team 6* of the
Person-Centered Planning
Leadership Team****

In collaboration with the
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*a small enthusiastic group of
self-advocates, including Chris Brook, Daun Conant,
Christina Draper, Lisa Harp, Tim Moore,
and their supporters

**The PCP Leadership Team was established by the Virginia Department of
Mental Health, Mental Retardation, and Substance Abuse Services

I want my life:

★ To be
filled
with
joy and
happiness



Some examples of joy and happiness

are:

- ★ Being able to afford HBO & Pay-Per-View
- ★ Living life the way I choose
- ★ Traveling more
- ★ Hanging out with friends
- ★ Having a dog



I want:



★ to
have
dreams
for my
future

Some examples of my dreams are:



- ✧ Getting my license
- ✧ Having my own place
- ✧ Getting married & having children
- ✧ Working in a theater or at Kings Dominion
- ✧ Being on the stage

I want my life:

to
include
the
people I
love and
like



Some examples of people I want in my life

are:

- ✧ My mother
- ✧ My good friend
Clarence
- ✧ Some family members
- ✧ Dana, Tera and Eileen
- ✧ A good personal
assistant
- ✧ My group home staff
- ✧ Paul, Darcy and Suzie
- ✧ High school friends








I want:



✿ to live
in my
own
place

Some examples of *my own place* are:

-  *My group home for now and then move to a house or an apartment with a roommate*
-  *An apartment in Richmond where I don't have to mow the lawn*
-  *A house in Nevada with pay-per-view, internet and that is close to things – NO FEDS ALLOWED*
-  *A planned, accessible housing development/community with houses, condos, stores, sidewalks, and recreation*
-  *Not my mother's house!*



Some things I like to do



are:



- Train for wrestling, mixed martial arts and boxing at the gym
- Watching romance & comedy movies on DVD and at the movie theater
- Going to plays and stage shows
- Traveling for fun and to learn new things
- Watching Tyler Perry
- Shopping
- Eat out at restaurants
- Listening, dancing and singing along to music
- Chill with friends



I want:



- *to have a car or transportation that I can count on*

My own

transportation means:

- 🚲 Chopper and sports car
- 🚲 Public transportation (including buses and trains) that is accessible (for wheelchairs, at all hours of day and days of the week, etc.)
- 🚲 Affordable lift van
- 🚲 Coming to me on my schedule
- 🚲 Going outside of where I live
- 🚲 Van Go
- 🚲 Not just for medical appointments
- 🚲 Not having to fill out paperwork or call days in advance
- 🚲 Having a license and driving my own truck
- 🚲 Wider parking spaces



I want:



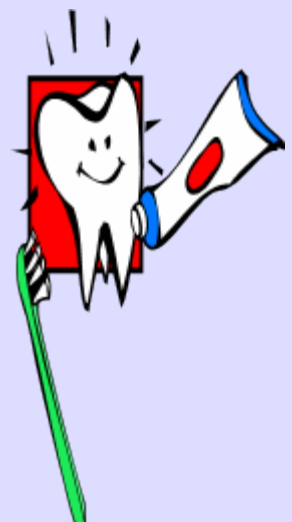
★ to be
healthy
and
safe



Some **things** I can do to be healthy and

★ **safe** are:

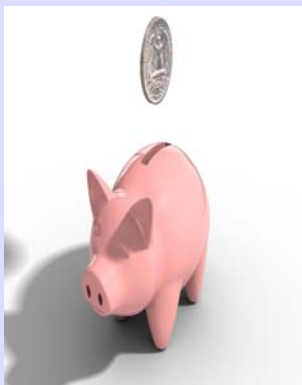
- *Having streets that have painted cross walks and that have cross walk alerts that are visual, lower, and give me longer time to cross street*
- *Having a good trainer, chiropractor and a doctor*
- *Working out and being able to condition yourself*
- *Knowing what I can eat and eating the right foods*
- *Having a doctor who has accessible facilities*
- *Bathe and shower*
- *Dancing*
- *Using my cell phone to check in with family and friends*
- *Using a phone that has bigger buttons, words and symbols*
- *Seeing a nutritionist*
- *Taking my medicine (and having it packaged in a way that helps me take it)*



I want:



★ to
have
my
own
money



It would be nice to have enough **money** to:

- 💰 Buy a new, accessible van
- 💰 Shop for shoes
- 💰 Attend ultimate fighter events and/or buy Xbox, Pay-Per-View, etc.
- 💰 Go to Hollywood and buy a mansion
- 💰 Go to Disney World (Florida) and to Hawaii
- 💰 Get a companion dog
- 💰 Own my own gym
- 💰 Be able to travel wherever I want to go



I want:

★
**to have my
own
checking
account
and bank
card**



Having **my own account** means:

- Having my own cash
- Protecting my privacy
- Knowing what is in my account and being responsible
- Freedom to choose how to spend my \$\$
- Paying my own bills
- Not having to give receipts to staff
- Saving money
- I feel good about myself



I want:



to contribute
to my
family and
community



I can contribute by:



- ☆ Volunteering
- ☆ Sharing household responsibilities
- ☆ Mowing the lawn
- ☆ Visiting with the elderly
- ☆ Cooking food for my roommates
- ☆ Teaching others about how to prepare for disasters
- ☆ Serving on board of directors for a company
- ☆ Participating in MS Walk and relay for life
- ☆ Helping pay bills
- ☆ Participating as a youth leader in Young Life
- ☆ Helping raise funds for Positive Vibe
- ☆ Serving as Greeter at my church

I want:

★ To
learn
new
things



Some examples of *what I want to learn* are:

- ⇒ How to work for the Fight Network
- ⇒ How to drive a car
- ⇒ More about computers, iPods, MP3s, etc.
- ⇒ How to be a champion at playing videogames (guitar heroes)
- ⇒ How to cook
- ⇒ How to play the drums, the piano
- ⇒ How to ride a chopper (motorcycle)
- ⇒ How to take care of a dog when you use a wheelchair
- ⇒ How to take care of kids better



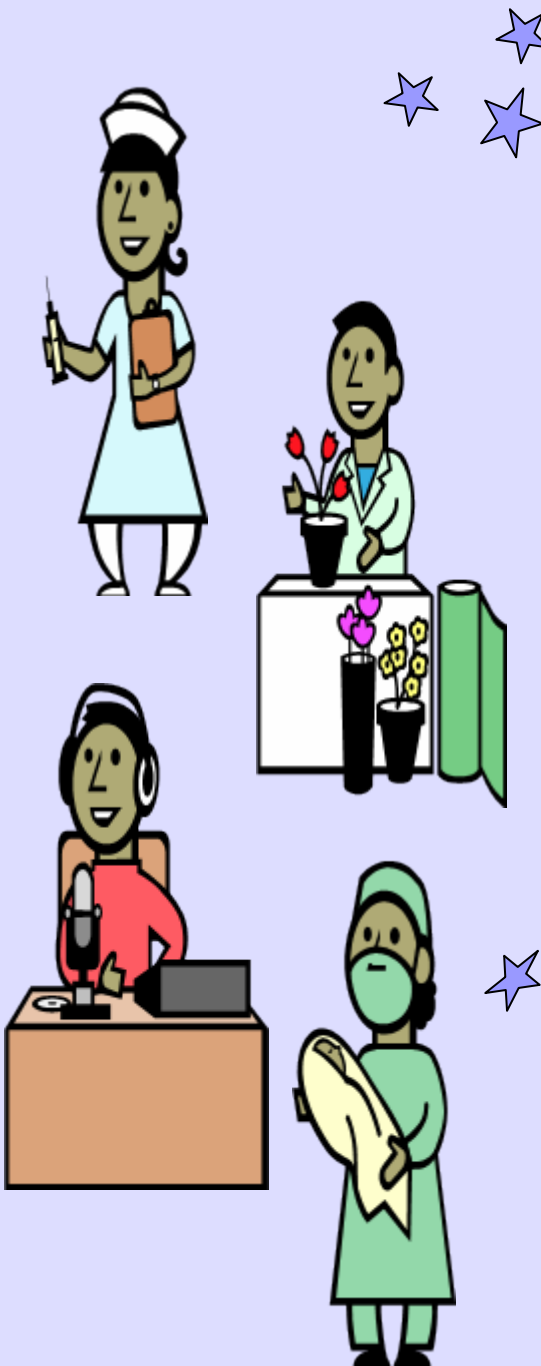
I want:

■ to

WORK!



Some examples of the *work I want to do* are:



- ❖ Work in law enforcement
- ❖ Restaurant work
- ❖ Be an entertainer (sing, act, dance)
- ❖ Amusement park ticket taker
- ❖ Be a “gofer”
- ❖ Be a legal assistant
- ❖ Be a hostess/Maitresse ‘D at a restaurant
- ❖ Play with children in a child care center
- ❖ Work in a store
- ❖ Bouncer in a club

There are **great**
things about all of us!



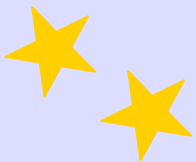
Some great things about me are:

- ☺ My great ideas
- ☺ I'm very nice
- ☺ My dedication
- ☺ I'm very smart
- ☺ My loyalty
- ☺ My smile
- ☺ I'm gentle, kind and fun loving
- ☺ I'm outgoing, friendly and compassionate (making sure other's needs are met before my own)
- ☺ I'm easy to get along with



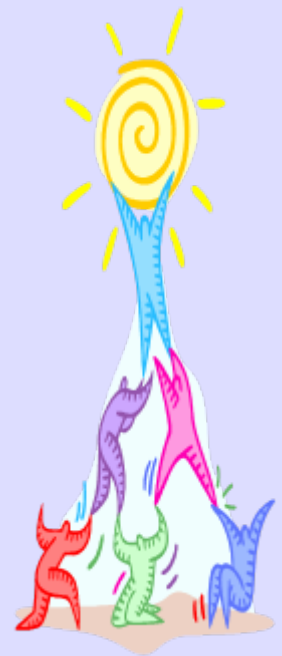
I need support

★ to live
the life I
want



Some examples of the **support** I need are:

- **Good healthcare, money and people in my life who respect me**
- **Good and reliable people who can help me do day to day tasks (get out of bed, get dressed, etc.)**
- **Transportation that takes me anywhere I want to go**
- **Someone who can break tasks down for me (clear and simple language)**
- **A circle of friends (community of support)**
- **People who listen to me, understand what I want and want to be around me**
- **People who remind me to take my medicine, do the chores, etc.**
- **Someone to help me manage my money**
- **Someone who helps me understand my job responsibilities**



I need:



people
to help
me



It is important that

people who help

me are:

- ✦ Always there when I need them to be
- ✦ Trustworthy, reliable, dependable
- ✦ Knowledgeable about my disability
- ✦ Willing to compromise
- ✦ Treat me with respect
- ✦ Funny – have a great sense of humor
- ✦ Nice – not bossy, overbearing
- ✦ Kind
- ✦ Listen to me
- ✦ Understanding



I know:

- That I have a certain amount of money to buy supports
- That I want to buy supports that match what I want and need



Did we match my plan with what I want?

- | | | |
|------------------------------|-----|----|
| ■ What makes me happy | yes | no |
| ■ My dreams | yes | no |
| ■ People that I like | yes | no |
| ■ Where I want to live | yes | no |
| ■ Things I like to do | yes | no |
| ■ Ways to travel | yes | no |
| ■ Having my own money | yes | no |
| ■ My checking account | yes | no |
| ■ How I contribute | yes | no |
| ■ New things I want to learn | yes | no |
| ■ My work | yes | no |
| ■ Support I need | yes | no |
| ■ People who support me | yes | no |



If my plan matches what I want, then....

- I am listened to – I have a voice – I listen to others
- I am respected – people are nice to me
- I respect others – I am nice to others
- I have choices – I am responsible for my choices
- I have friends and family that I see often
- I am a part of my community – I have found groups, organizations, and social activities that interest me

I HAVE A
GOOD LIFE!





Additional thoughts about my life and plan...



Additional thoughts about my life and plan...



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