

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


Workbook



**Written by People with Disabilities
For
People with Disabilities**

**This Guide is available in alternative formats. If you need one, please contact
Tera Yoder at the Partnership for People with Disabilities
tyoder@vcu.edu**

**You can find this Guide on the internet at:
<http://www.vcu.edu/partnership/cdservices/pcprb.htm>**



Partnership for People with Disabilities
Virginia Commonwealth University
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Prepared by:

Team 6* of the
PCP Leadership Committee

With support from the
Partnership for People with Disabilities

May 2007

*a small enthusiastic group of
self-advocates and supporters

I want my life:

★ To be

filled

with

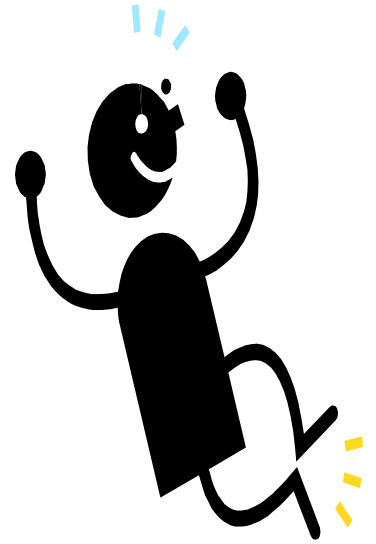
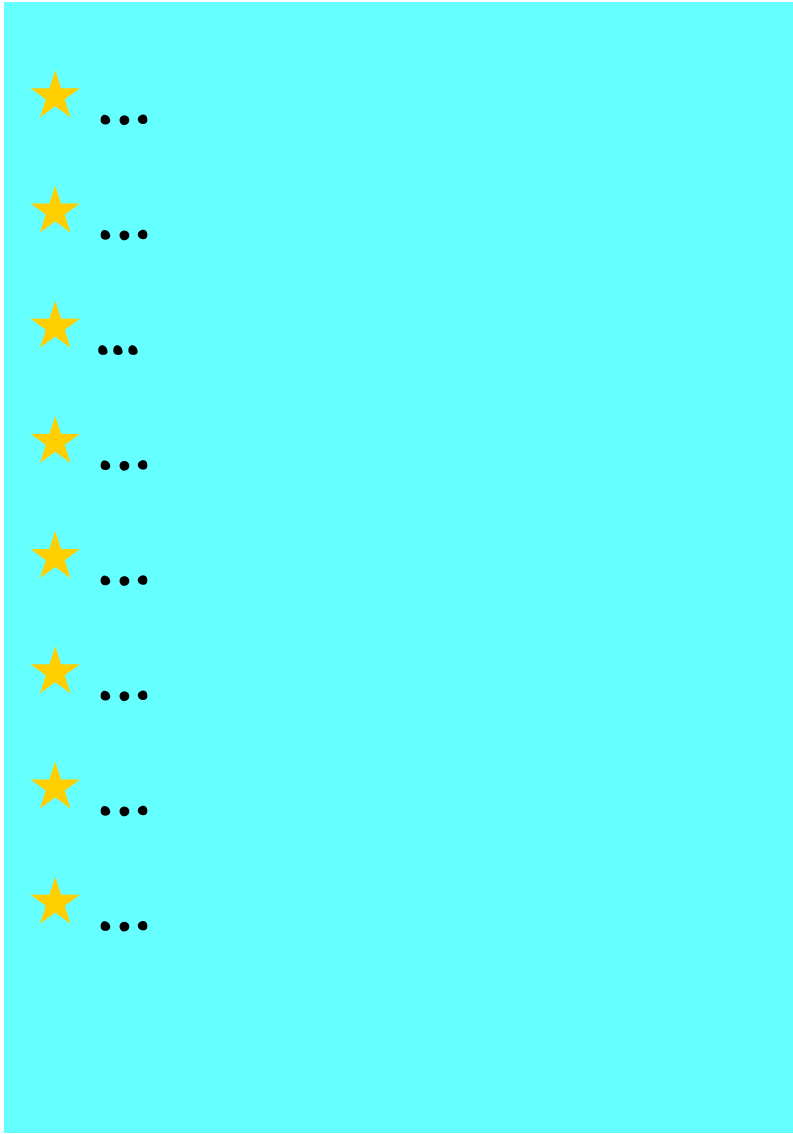
joy and

happiness



Some examples of joy and happiness

are:



I want:



★ to
have
dreams
for my
future

Some examples of my dreams are:



I want my life:

to
include
the
people I
love
and
like



Some examples of people I want in my life

are:



✧ ...

✧ ...

✧ ...

✧ ...

✧ ...

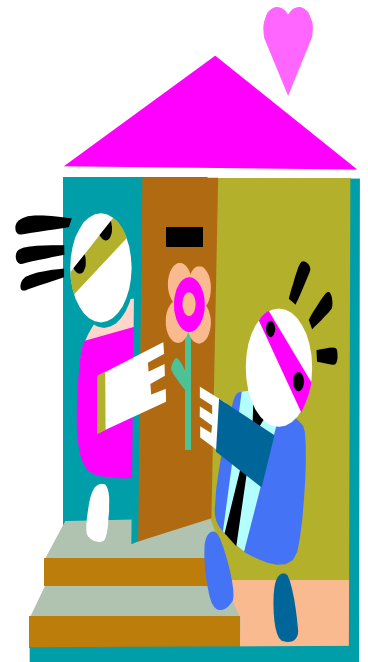
✧ ...

✧ ...

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✧ ...



I want:



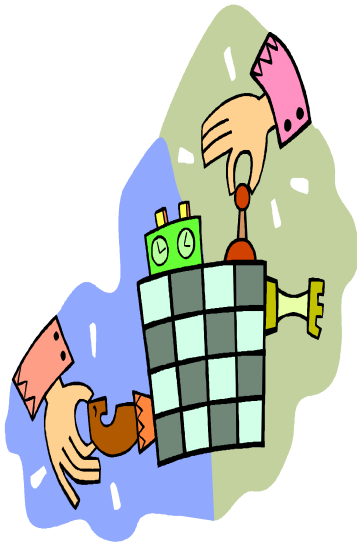
to live
in my
own
place

Some examples of
*my own place and what I
want in my place* are:



I want:

★ To do
things I
enjoy



Some things I like to do



are:



■

■ ...

■ ...

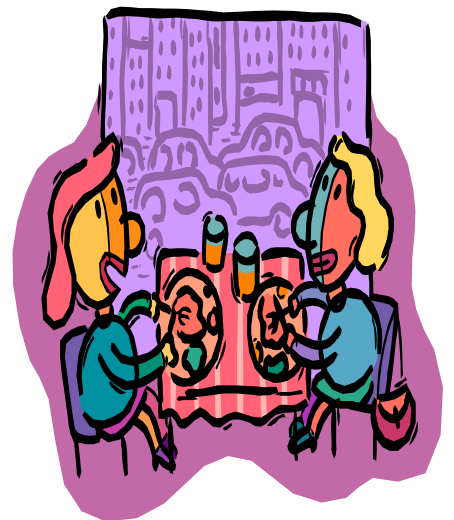
■ ...

■ ...

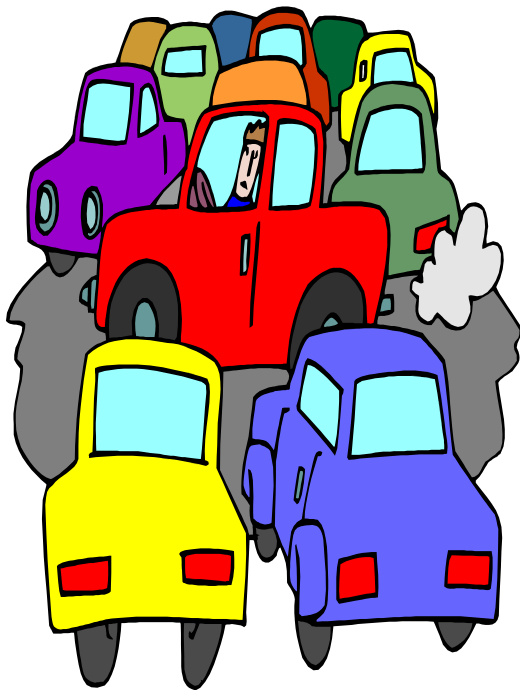
■ ...

■ ...

■ ...



I want:



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

My own

transportation means:

 ...

 ...

 ...

 ...

 ...

 ...

 ...

 ...

 ...



I want:



★ to be
healthy
and
safe

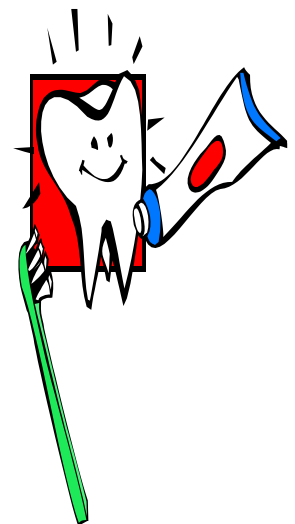


Some **things** I can do to be healthy and



safe are:

- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...



I want:



★ to
have
my
own
money

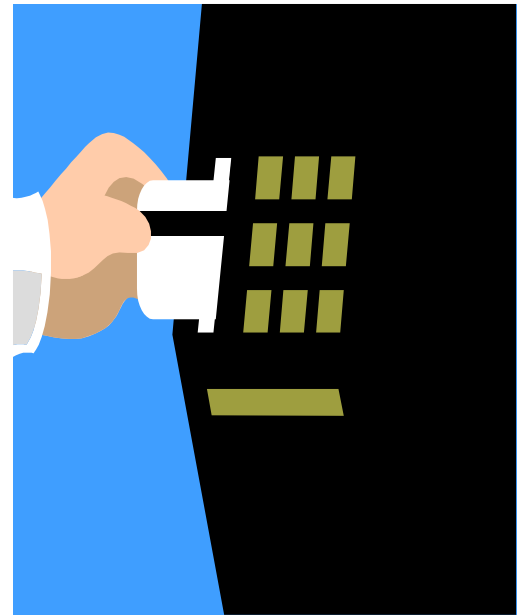


It would be nice to have
enough **money** to:



I want:

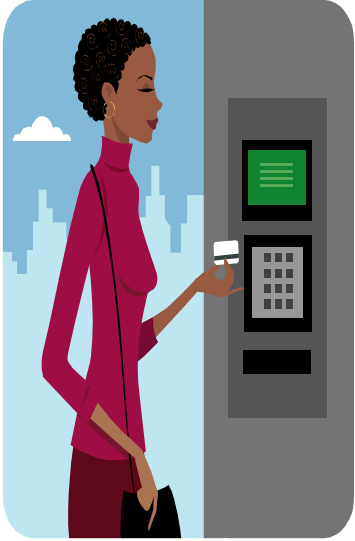
**to have my
own
checking
account
and bank
card**



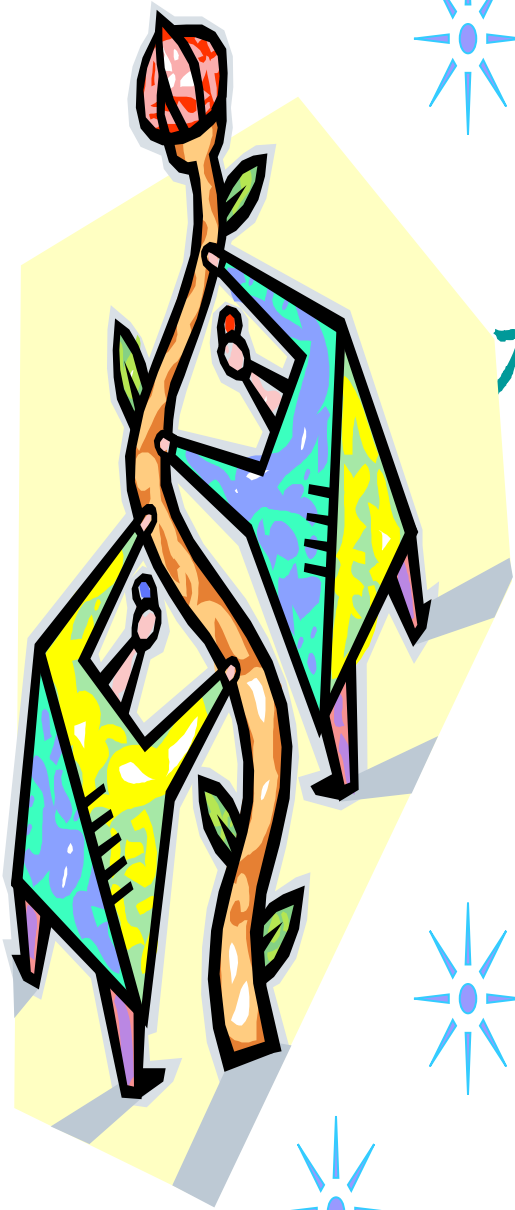
Having **my own account** means:



- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...



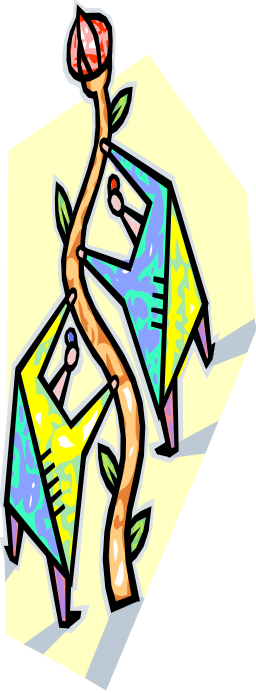
I want:



to contribute
to my
family and
community



I can *contribute* by:



★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

★ ...

I want:

★ To
learn
new
things



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

⇒ ...

⇒ ...

⇒ ...

⇒ ...

⇒ ...

⇒ ...

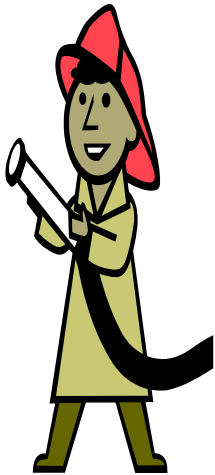
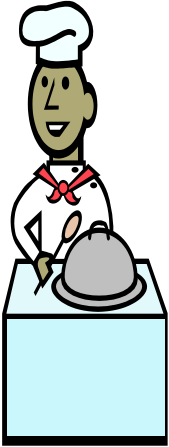
⇒ ...

⇒ ...

⇒ ...

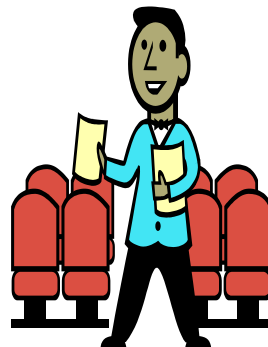
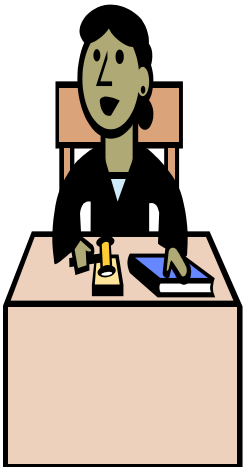


I want:

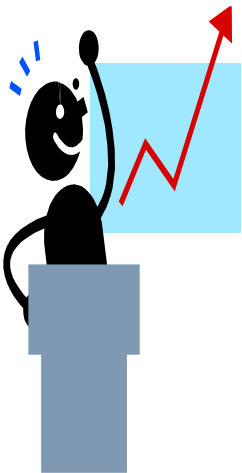
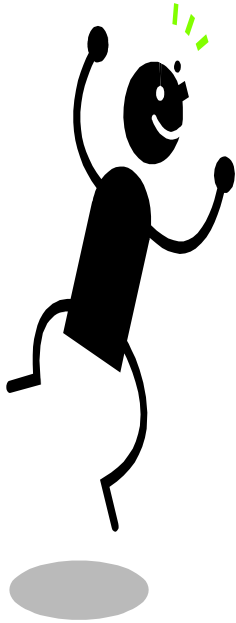


■ *to*

WORK!



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

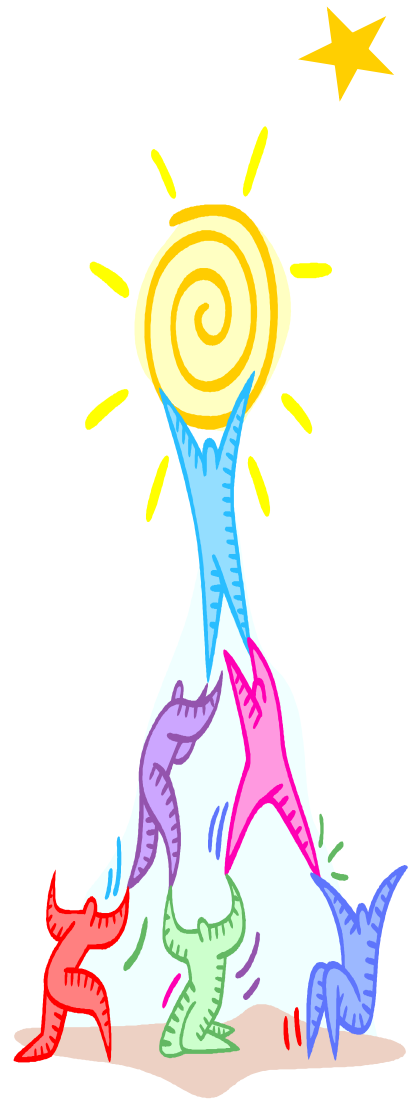


Some **great things** about me are:



I need support

★ to live
the life I
want



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

■ ...

■ ...

■ ...

■ ...

■ ...

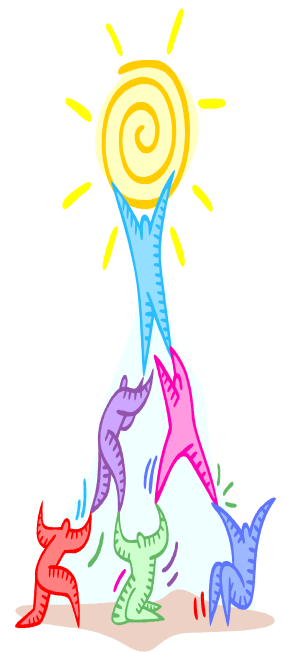
■ ...

■ ...

■ ...

■ ...

■ ...



I need:



people
to help
me



It is important that

people who help

me are:

☒ ...

☒ ...

☒ ...

☒ ...

☒ ...

☒ ...

☒ ...

☒ ...

☒ ...



I know:

- That I have a certain amount of money to buy the supports I want and need to live the life I want to live

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!





Partnership for People with Disabilities

Linking people. Changing lives.

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