

Self-Directing Your Life Today

What supports do I need:

- To get ready for my day
- To access my community, job, appointments, & life responsibilities
- To be safe and healthy
- To do my job

10 Year Plan (Example)

- 2015 Personal Care/Eating Healthy/Exercising
- 2016 Daily Planning/Social/Community/Dating
- 2017 Employment/Career
- 2018 Transportation
- 2019 Life Safety
- 2020 Homemaking
- 2021 Housing
- 2022 Benefits Eligibility Retention to Standby Guardian or Team
- 2023 Medical/Health Critical Decision Making to Standby Guardian or Team
- 2024 Financial Critical Decision Making to Standby Guardian or Team

Develop a Long-Term Plan for Your Future

Goals:

What do you want your life to look like?

- Job/career
- Home
- Social life
- Community

What realities do you need to plan for?

- Aging parents/caregivers
- Long-term health concerns

Create a Roadmap:

- Break your plan down into small pieces
- Set timeframes for achieving goals
- Find the resources to help you get there

Use a Person-centered planning process:

- PATH
- MAPS
- Personal Futures Planning

Build a Team:

- Circle
- Supported Decision-making Team
- Family-Governed Supports

Target specific skills in goal areas each year. Here is an example of “2019 Life Safety”

- 2015 -Uses social media safely
-Knows not to let strangers into her home when alone
-Learns to safely cross unmarked intersections and walk in parking lots
- 2016 -Demonstrates that she understands “circles of intimacy” (talk, trust, and touch)
-Will understand “appropriate and inappropriate” relationships at work and within the community
-Will develop the confidence to trust her intuition if something/one feels unsafe
-Will be able to safely stay at home alone for one overnight
- 2017 -Knows what to do in the case of a fire, tornado warning or other emergency
-Know what to do and who to contact if something in her home is not working
- 2018 -Knows what to do in the case of an attempted robbery, assault or abduction
-Knows what to do if she spots someone on the sex offender list
-Knows how to stay safe on dates
- 2019 -Is able to SAFELY stay home alone for one week while parents are on vacation
-Will be ready to move out and live independently

“The Purpose of a Plan: To provide a roadmap to help Kathryn achieve ALL of her community, employment and independent living goals. In addition, this plan establishes a roadmap to ensure that Kathryn can MAINTAIN her amazing life and self-directed supports infrastructure after the time her parents/primary caregivers can no longer participate.” –Julie Burish, parent

