

# Christopher's Plan

Date of the 1st plan

03/07/06

Dates the plan was changed

What do I hope that this plan will help me accomplish?

To live a healthy, peaceful and very active life while living in my own apartment with opportunities to work; and to find and begin a meaningful relationship with someone.



## My Own Plan

Who helped me with this plan? (Who gave me information?)

• Chris	• Heather	• Fresia
• Lucinda	• Pam	• Debbie
• Maureen	• Karen	• Nikia
• Holly	• Tony	• Mike (ELP/MAP Facilitator)
• Kevin & Maria	• Brenda	• Ann (MAP Facilitator)

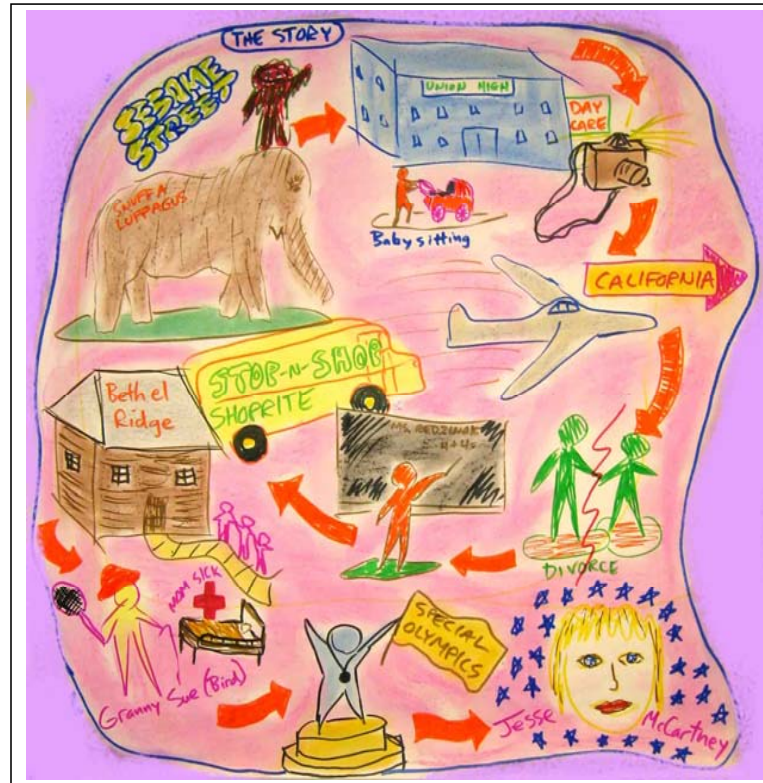
Who do I still need to talk to?

(Others who can help me get more information)

• The Chapins	• The LeBarons
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### My Story

• I appeared on Sesame Street several times as a child
• I learned childcare at Union high daycare and by being a mother's helper to family members
• I also became interested in photography in high school
• My parents divorce had a strong effect on me
• I love to travel and do so independently
• I have used the bus system well also.
• I lived for 3 years in a group home.
• My mom was very sick for a while and the idea of losing her really scared me
• Special Olympics is important and helped shape my drive to succeed
• I love Jesse mcCartney



Family

Mark & Kim, Nella the Cat, and Missy and Chocolate the Kitten, Aura, Kim-Step Sister, Bob-Step Brother, Maria, Grandma and Cousins, Aunt Melanie & uncle Allan, Tia & Ashley & Molly, Aunt Patty & Uncle Dave

Kevin (Maria), Kim & Dave, Dominic, Dad & VA Family, Shirley-YMCA, Grandma Dolly, Mom, 4 nieces,

Debbie, Angela, Migatt, Dina, Andrea, Matthew, Lori, Vincent, Lekie, Champ, Tony

People whose job is to support the person at home and other places

Brenda, Jeanie

Chris

Carmen, Lois

Maureen, Holly & Jim, Heather & Tony, Peter, Matthew, Kyle, Kathy, Bob, Joey & Jillian, Karen, The LeBarons

Pam, Tom, Alice, Linda, Mom's neighbors: Barbara & Marty, Walter & Vivian, Betty, Special Olympics bowling buddies

Friends

Darrell & Jen  
Allies  
Employment  
Quik Check  
co-workers

People who support the person at work, school, training

People Map for: Chris

## My Own Plan

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### My Introduction - Great Things About Me

What do people like and admire about me? What are the good things they say about me? How would I like to be introduced?

<ul style="list-style-type: none"><li>• "I love myself"</li></ul>	<b>New Things I Have Learned About Myself</b>
<ul style="list-style-type: none"><li>• Kind to Others, concerned about their well-being<ul style="list-style-type: none"><li>• Friendly, loving, caring, personable, happy</li><li>• Generous, love giving gifts, giving person</li><li>• Courteous, helpful to others, polite, cheerful</li><li>• Loves family, "He loves life"</li><li>• Social, loves get-togethers, "A party animal"</li><li>• Sensitive</li></ul></li></ul>	
<ul style="list-style-type: none"><li>• Honest, very 'real',</li></ul>	
<ul style="list-style-type: none"><li>• Motivated, ambitious, independent, adventurous</li></ul>	
<ul style="list-style-type: none"><li>• Great memory</li></ul>	
<ul style="list-style-type: none"><li>• Great with kids, love to take care of babies and small children</li></ul>	
<ul style="list-style-type: none"><li>• Great communicator<ul style="list-style-type: none"><li>• Articulate, enjoys talking</li></ul></li></ul>	
<ul style="list-style-type: none"><li>• Good with computers (ordering on-line)</li></ul>	
<ul style="list-style-type: none"><li>• Great dancer, swimmer</li></ul>	

## The Dream

<ul style="list-style-type: none"><li>• To be a photographer</li><li>• To meet Jesse McCartney</li><li>• To have Jesse sing for me</li><li>• To have Holly as my future guardian</li><li>• To marry and have two children</li></ul>	<ul style="list-style-type: none"><li>• To go to college</li><li>• To teach person centered thinking</li><li>• To teach sex education to adolescents</li><li>• To have a two bedroom apartment</li><li>• To babysit more, and to volunteer</li></ul>
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## My Own Plan

### What is Important to Me

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Family (immediate and extended)</li> <li>• Parties and celebrations (X-Mas Eve at Maureen's house)</li> </ul>  | <h3>New Things I Have Learned About Myself</h3>  |
| <ul style="list-style-type: none"> <li>• Having a girlfriend, getting married, having a family</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• A peaceful environment             <ul style="list-style-type: none"> <li>• Living in my own apartment</li> <li>• "A smooth way of living" (keeping my routine/rhythm)</li> </ul> </li> </ul>                |  |
| <ul style="list-style-type: none"> <li>• Staying active (I hate being bored and stuck at home)</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Others being respectful and reliable (don't cancel plans)             <ul style="list-style-type: none"> <li>• Reliable transportation</li> <li>• Don't put me down or make fun of me</li> </ul> </li> </ul> |  |
| <ul style="list-style-type: none"> <li>• Jessie McCartney: his music, meeting and looking like him</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Movies: (go w/Cyle), horror (Chucky, Halloween), others</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• TV: WB shows, All My Children, Charmed, Seventh heaven</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>• Taping TV shows if I absolutely must miss them.</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Music, collecting music and videos, movie and play music</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>• Shopping: DVDs at the Mall, Borders for teen mags, food</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Getting full time job, staying active (have a good resume)</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>• Art: Photography (I want to take lessons/class)</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Staying healthy, lose weight w/weight watchers</li> <li>• going to the YMCA 4x per week</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Traveling: the beach, Wisconsin, California, Virginia, Florida</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>• Food: Italian, burgers, fries, subs (meatball), pizza, milkshakes, ice cream, ketchup, going out to eat</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Taking care of little kids and babies</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Sports: basketball, football, Villanova University athletic teams, dancing, swimming, bowling, walking when it's warm</li> </ul>   |  |



## My Own Plan

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**What are the characteristics of people who support me best?**

If I was going to pick a new person to work with me (e.g. case manager, staff in a home) what would I look for? What do the people that I like to work with have in common? Have there been people that I couldn't work with? What do they have in common?

<ul style="list-style-type: none"> <li>• Kind, polite, never rude, doesn't nag, yell, or rush, people that don't tell me what to do</li> </ul>	<p><b>New Things I Have Learned About Myself</b></p>
<ul style="list-style-type: none"> <li>• Don't criticize my weight or attire</li> </ul>	
<ul style="list-style-type: none"> <li>• Like to chat, express their feelings</li> </ul>	
<ul style="list-style-type: none"> <li>• Like to get out, keep busy and go places like the mall, movies, theatres and music stores</li> </ul>	
<ul style="list-style-type: none"> <li>• Good with computers</li> </ul>	
<ul style="list-style-type: none"> <li>• Good at encouragement and motivation</li> </ul>	
<ul style="list-style-type: none"> <li>• Spontaneous</li> </ul>	
<ul style="list-style-type: none"> <li>• Don't tell me when to go to bed</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	

## My Own Plan

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

If I am going to have the things that are important to me, and stay healthy and safe, what do people need to know about me? What do they need to do? How do I need to be supported at home, at work, and when I am out in my community?

- losing loved ones is a fear, people should re-assure him frequently
- need to move at my own pace, don't rush me
- like a relaxed environment (want to live alone)
- need work to fill my day, I hate idle time
- be supportive but not pushy about my weight and my weight watchers program
- help me access reliable transportation
- support me in saving money for gifts that I love to give
- don't challenge me on my love of Jessie McCartney"
- support using computer
- I don't want my mom to be involved in my food shopping
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### New Things I Have Learned About Myself



## My Own Plan

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**What Other People Need to Know or Do to Help Me Stay Healthy and Safe**

Do I have medical conditions or mental health issues that other people should know about? Are there times when I need help in managing my medical or mental health?

<ul style="list-style-type: none"><li>• My only health issue is my weight and I am on weight watchers</li></ul>	<b>New Things I Have Learned About Myself</b>
<ul style="list-style-type: none"><li>• Allergic to evergreen trees</li></ul>	
<ul style="list-style-type: none"><li>•</li></ul>	
<ul style="list-style-type: none"><li>•</li></ul>	
<ul style="list-style-type: none"><li>•</li></ul>	
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**My Own Plan**

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**Things to Figure Out**

What are the things that I am still trying to “figure out?” What are the things about me, my condition, or the supports that I get that I don’t understand or where I need more information? What are the things that are getting in my way?

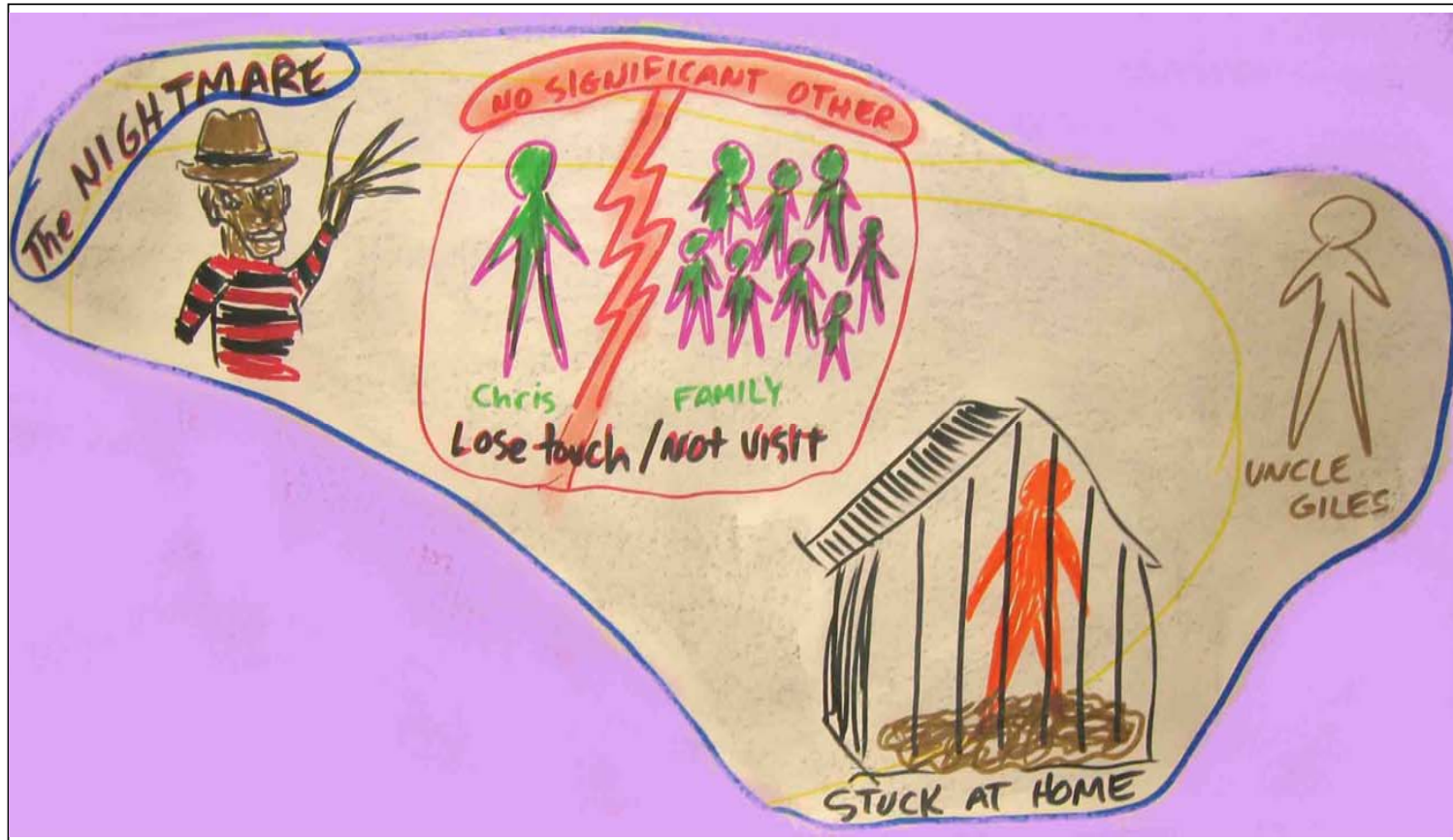
<ul style="list-style-type: none"> <li>• What supports do I need to have in place to reach and maintain a healthy weight?</li> <li>• My mom wants to help me with my diet and nutrition, but I prefer she is not involved with that part of my life.</li> </ul>	<p><b>New Things I Have Learned About Myself</b></p>          <p><b>Staff schedule:</b> 4 weeknights per week from roughly 4pm - 7pm, and every Saturday from roughly 11am - 7pm.</p> <p><b>Other Costs:</b> Phone, Utilities, Cable, Food, Spending, Staff Mileage</p>
<ul style="list-style-type: none"> <li>• How can I meet a girl to be in a relationship with?</li> </ul>	
<ul style="list-style-type: none"> <li>• Figuring out the best job match for me. What marketable skills do I have and where can I use them?</li> <li>• What do I need to do to be successful at the job I have? Is there a better one out there for me?</li> </ul>	
<ul style="list-style-type: none"> <li>• Finding safe reliable transportation</li> </ul>	
<ul style="list-style-type: none"> <li>• Hire staff</li> </ul>	
<ul style="list-style-type: none"> <li>• Budget for other things I will need to pay for</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	

**How Do I Communicate**

<b>What is happening</b>	<b>What I do</b>	<b>What I think it means</b>	<b>What others should do</b>
Challenging my mom on Jessie McCartney	Pouting, turned my head and body, pursed lips, stop hand gesture, sharp verbal retort	I am getting annoyed	Leave me alone, back off, change the subject
Nothing to do	Get sad, sit around	I am bored & frustrated	Help me fill my day with work and other things to do
Someone talks about my disability, limitations, my weight or Someone has really annoyed me	Make a face and turn my body away or Blinking quickly and purposefully	I am embarrassed or offended, my feelings may be hurt or I am mad	Be sensitive in explaining why the discussion is important, comfort Chris with a hand on the shoulder, get his input

## The Nightmare

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Being disconnected from those I love</li><li>• Not finding a significant other</li></ul> | <ul style="list-style-type: none"><li>• Being stuck at home, not being active</li><li>• My Uncle Giles</li></ul> |
|--|--|



What is Happening in Your Life - The Upside and Downside

Look at what is working and not working, makes sense and doesn't make sense In your life <i>right now</i> . Think about ...	What I think - my perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
<ul style="list-style-type: none"> <li>• Where you live</li> <li>• What you do during the day</li> <li>• Who you spend time with</li> <li>• The services that you receive to help you stay healthy/safe</li> <li>• Issues with medication - how it works, side effects</li> <li>• What you do for fun</li> <li>• Other parts of your life</li> </ul>	<ul style="list-style-type: none"> <li>• I want to live on my own</li> </ul>	<ul style="list-style-type: none"> <li>• Living with a housemate, Lester</li> <li>• Contact with Lester's father</li> <li>• Doing all the cooking and cleaning</li> </ul>
	<ul style="list-style-type: none"> <li>• Having a full, active day, working</li> <li>• Doing things: basketball, photography, food shopping</li> </ul>	<ul style="list-style-type: none"> <li>• Is QuickCheck the job for me? Do I have enough work to keep busy?</li> <li>• Sitting around being bored</li> </ul>
	<ul style="list-style-type: none"> <li>• Attending Weight Watchers</li> </ul>	<ul style="list-style-type: none"> <li>• Family and staff nagging me, mom shopping with me and choosing what I eat</li> </ul>
	<ul style="list-style-type: none"> <li>• Idolizing Jessie McCartney</li> </ul>	<ul style="list-style-type: none"> <li>• People challenging me about Jessie McCartney</li> </ul>
	<ul style="list-style-type: none"> <li>• Having family and staff to help support me in the things I want to do</li> </ul>	<ul style="list-style-type: none"> <li>• Rushing, yelling, bossing me around</li> </ul>
	<ul style="list-style-type: none"> <li>• Keeping close relationship with family</li> <li>• Working on computer</li> </ul>	<ul style="list-style-type: none"> <li>• Worrying about them dying</li> <li>• Not having a girlfriend</li> <li>• I don't have the technical support I need</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

What is Happening in \_\_\_\_\_'s Life - The Upside and Downside

Look at what is working and not working, makes sense and doesn't make sense In _____'s life <i>right now</i> . Think about ...	What others think - their perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
<ul style="list-style-type: none"> <li>• Where I live</li> <li>• What I do during the day</li> <li>• Who I spend time with</li> <li>• The services that I receive to help you stay healthy/safe</li> <li>• Issues with medication - how it works, side effects</li> <li>• What I do for fun</li> <li>• Other parts of my life</li> </ul>	<ul style="list-style-type: none"> <li>• Close relationship with family</li> <li>• Communicates his feelings very well, polite, and is generous</li> <li>• Chris likes recreation activities</li> </ul>	<ul style="list-style-type: none"> <li>• No good transportation options</li> </ul>
	<ul style="list-style-type: none"> <li>• Job at Quick Check</li> </ul>	<ul style="list-style-type: none"> <li>• We worry about Chris's weight and health, especially if he doesn't find opportunities to get out and do things.</li> <li>• Not enough work</li> </ul>
	<ul style="list-style-type: none"> <li>• Chris's independence</li> </ul>	<ul style="list-style-type: none"> <li>• Sometimes family and staff feel Chris is a bit too adventurous and may not weigh the risks. This can cause conflict when we call him on this.</li> <li>• We fear that he will be lonely and bored and that will cause him to become unhappy and less healthy</li> <li>• Chris not having a girlfriend</li> </ul>
	<ul style="list-style-type: none"> <li>• Likes shopping with staff</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

My Own Plan

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To Do List, Goals, Action Planning

What can I do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:** To live on my own with support, while staying active doing the things I enjoy and help me stay happy.

**Discussion/Justification** I get bored easily and I need to have enough hours working at a job I enjoy and enough support to live alone while helping me connect to people and activities in my community.

What needs to be done	How often	How long?	Who is responsible?	By when?
Purchase staff supports from Alternatives for transportation, cooking/meal planning, exercise, household chores, college/community activities.	20/wk	5/1/6-4/30/07	Debbie	5/1/6
Take classes at community college (photography, journalism, modeling, music)	1-2/week	5/1/6-4/30/07	Chris/Lucinda	

<b>Review of Desired Outcome:</b>	
Date:	Comments:

**Comment [Hint1]:** To add a new Action Plan page here, put your cursor just to the right of this hint, then click Insert, Break, Next Page, type "acti", and press Enter.

My Own Plan

To Do List, Goals, Action Planning

What can I do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:** To find a “peaceful home” of my own.

**Discussion/Justification** “I want a smooth way of living”. This means no housemate and to have respectful staff supports.

What needs to be done	How often	How long?	Who is responsible?	By when?
Find a low-income housing unit that accepts Section 8	Once	N/A	Debbie	5/06
Purchase furniture and household items for new apartment.	Once	4/6/6 - 5/1/6	Chris/Debbie	5/1/6

<b>Review of Desired Outcome:</b>	
Date:	Comments:

## My Own Plan

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### To Do List, Goals, Action Planning

What can I do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:** To feel good about myself physically.

**Discussion/Justification** I want to lose weight and increase my self-esteem and positive self-image.

What needs to be done	How often	How long?	Who is responsible?	By when?
Support attendance at weight watchers	1x/week	1 hour per	Support Staff	5/1/6
Attend YMCA/Swim (free through agency)	1x/week	.5 hour	Support Staff	5/1/6
Buy exercise chair (possibly the Peter Brady endorsed XL Loungechair)	Once	N/A	Christopher/Mom	2/28/06
Warm weather walks	3x/week	2 hours/ week	Christopher/ Support Staff	March 25, 06

### Review of Desired Outcome:

Date:            Comments: