



# My Plan

# My Personal Profile

## Personal Information

|  |  |
|--|--|
| <b>My Name,<br/>Age &amp;<br/>Pronouns</b>                         |  |
| <b>My Contacts<br/>Details</b>                                     |  |
| <b>My Important<br/>Relationships</b>                              |  |
| <b>My Cultural<br/>Identities That<br/>Are Important<br/>To Me</b> |  |
| <b>Other<br/>Important<br/>Information</b>                         |  |

# My Personal Profile

## About Me

**Some things to think about:**

- My home - Who I live with...
- My work/social/community...
- What makes me, me ...
- Interests, hobbies, and activities I enjoy...
- Important routines or habits I have...
- My favourite places, foods, or experiences...
- What I dislike or wish to avoid...
- What my days looks like, who I interact with, and where I go...

# My Personal Profile

## My Strengths & Skills

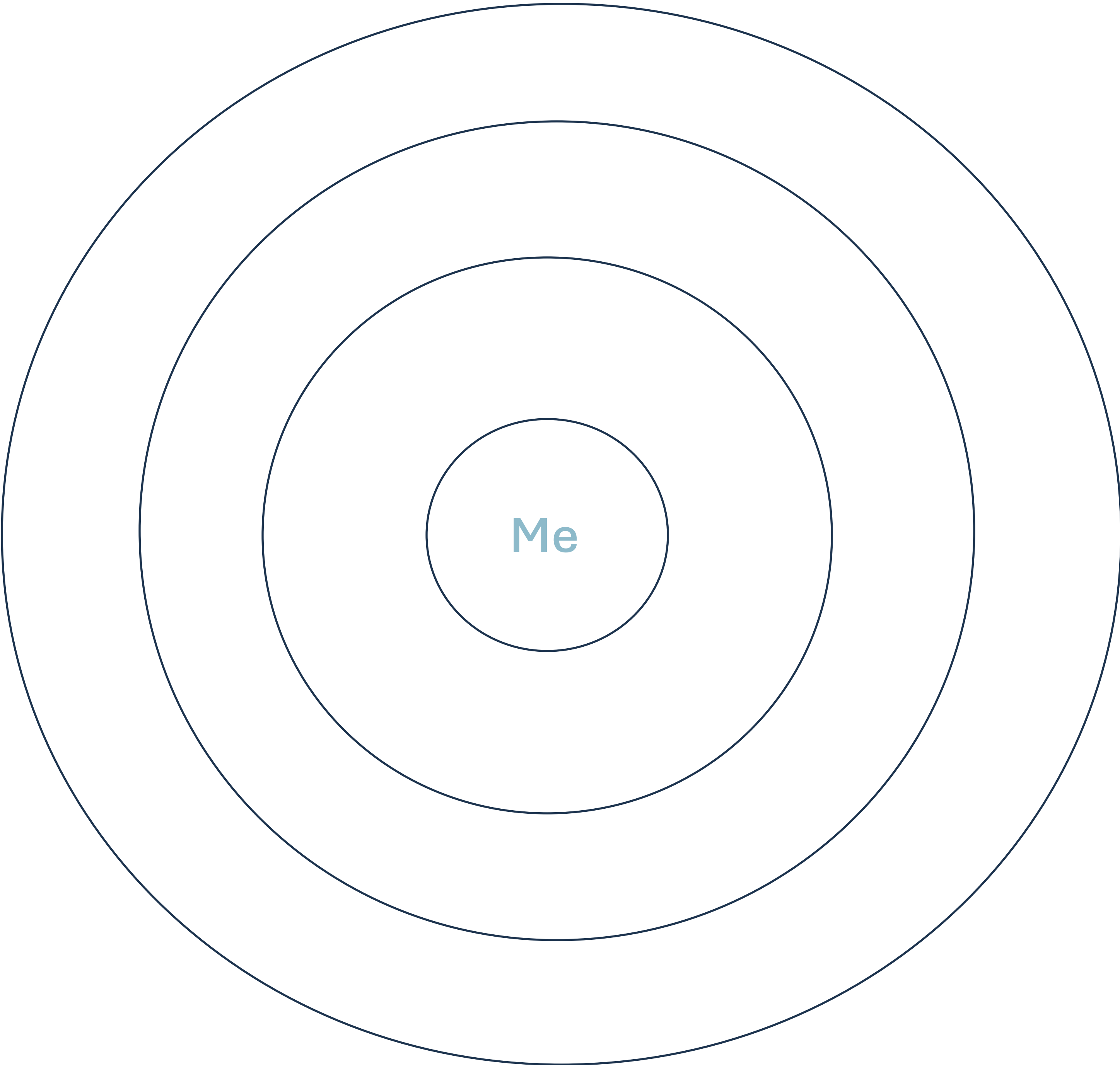
| My Strength, Talents, Abilities         | What I Would Like to Try                         |
|---|--|
| <div>The things I do well are....</div> | <div>In the future, I would like to try...</div> |

# My Personal Profile

## My Support Network

**Some things to think about:**

- Who are the important people in my life?
- Who are my family and friends?
- Who are the people I rely on for support?
- Can I do anything to strengthen my relationships?



# My Personal Profile

## My Valued Roles

| Area               | I am a... | I would like to be a... |
|--------------------|-----------|-------------------------|
| Relationships      |           |                         |
| Community          |           |                         |
| Cultural           |           |                         |
| Education and Work |           |                         |
| Household          |           |                         |
| Citizen            |           |                         |
| Other              |           |                         |

# My Communication Preferences

## How I Prefer to Receive Information



Speak to me clearly and keep it simple



Show me pictures, symbols, or visual aids



Write things down for me



I use assistive communication tools (e.g., an iPad or communication board)



Other:\_\_\_\_\_

# My Communication Preferences

## How I Express Myself



I talk to let you know what I want and need



I use gestures or sign language



I show pictures or symbols



I use technology (like an iPad) to communicate



Other:\_\_\_\_\_



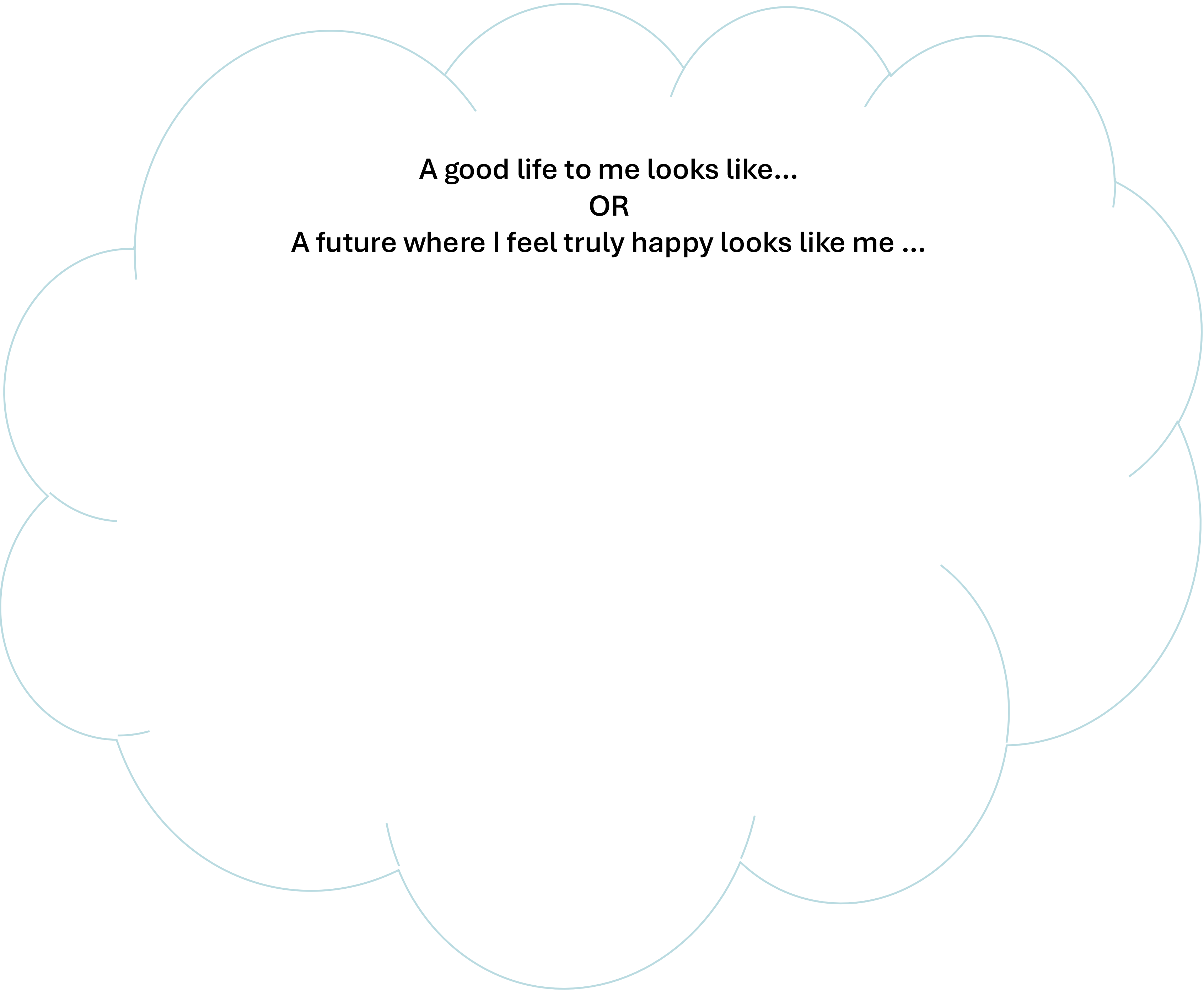
# My Vision for a Good Life

## Developing My Vision

A good life to me looks like...

OR

A future where I feel truly happy looks like me ...



# My Vision for a Good Life

## My Goals and Aspirations

My Short-Term Goals

My Long -Term Goals

What I Would Like to Achieve

# How I Will Achieve My Goals

## My Goal:

| What Needs To Happen | What I Will Do | Where I Need Support | Who/What Can Help Me |
|----------------------|----------------|----------------------|----------------------|
|                      |                |                      |                      |
|                      |                |                      |                      |
|                      |                |                      |                      |
|                      |                |                      |                      |
|                      |                |                      |                      |

# My Safety and Well-Being

Things People Need To Know and Do To Help Me Stay Safe and Well :

Some things to think about:

- These things are important for my safety...
- To help keep me safe do this..

| Challenges or Concerns | Strategies | Who Can Help Me |
|------------------------|------------|-----------------|
|                        |            |                 |
|                        |            |                 |
|                        |            |                 |
|                        |            |                 |
|                        |            |                 |

What other things do I need to think about for my future?