



Washington Initiative for
Supported Employment

PLAN YOUR CAREER, ENVISION YOUR LIFE

Person Centered Planning Concepts
with Individual Students or Groups



The Most Important Things in My Life Are....

1.

2.

3.

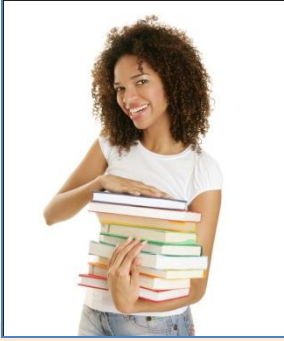


Things I Can Do



Things I can do by myself	Things I need help to complete	Things I would like to learn to do





Strengths of Mine

General Good Things About Me	Good Work Skills I Have	Strengths I could share at an Interview



Things I Like and Enjoy

Places

People

Things or items

Things to do or activities



What Helps Me Do My Best?

What resources do I need? How do I learn best? What helps me do well at work?

-
-

-
-

-
-

The 4 Most Important Things About a Place to Work Are:

please list your most important point first

1.

2.

3.

4.

Career Goals: Jobs I Would be Good at and Enjoy



Job #1

Job #2

Job #3

What Tasks
Would I Do
There?

1.

2.

3.

What Tasks
Would I do
There?

1.

2.

3.

What Tasks
Would I Do
There?

1.

2.

3.

Connections

People Who Can Help Me Find & Learn a Job

1.

2.

3.

Agencies That Can Help Me Find & Learn a Job

1.

2.

3.

1.

2.

3.

Connections I Have , Employers I Know



The 4 Most Important Things About a Place to Live Are:

please list your most important one first

- A place I would want to live should have _____
- A place I would want to live would be _____
- A place I would want to live might look like _____
- A place I would want to live would be close to _____



Relationships

People Who Are Important in My Life

1.

2.

3.

People I Would Like to Meet

1.

2.

3.

People I Would like to Live With

1.

2.

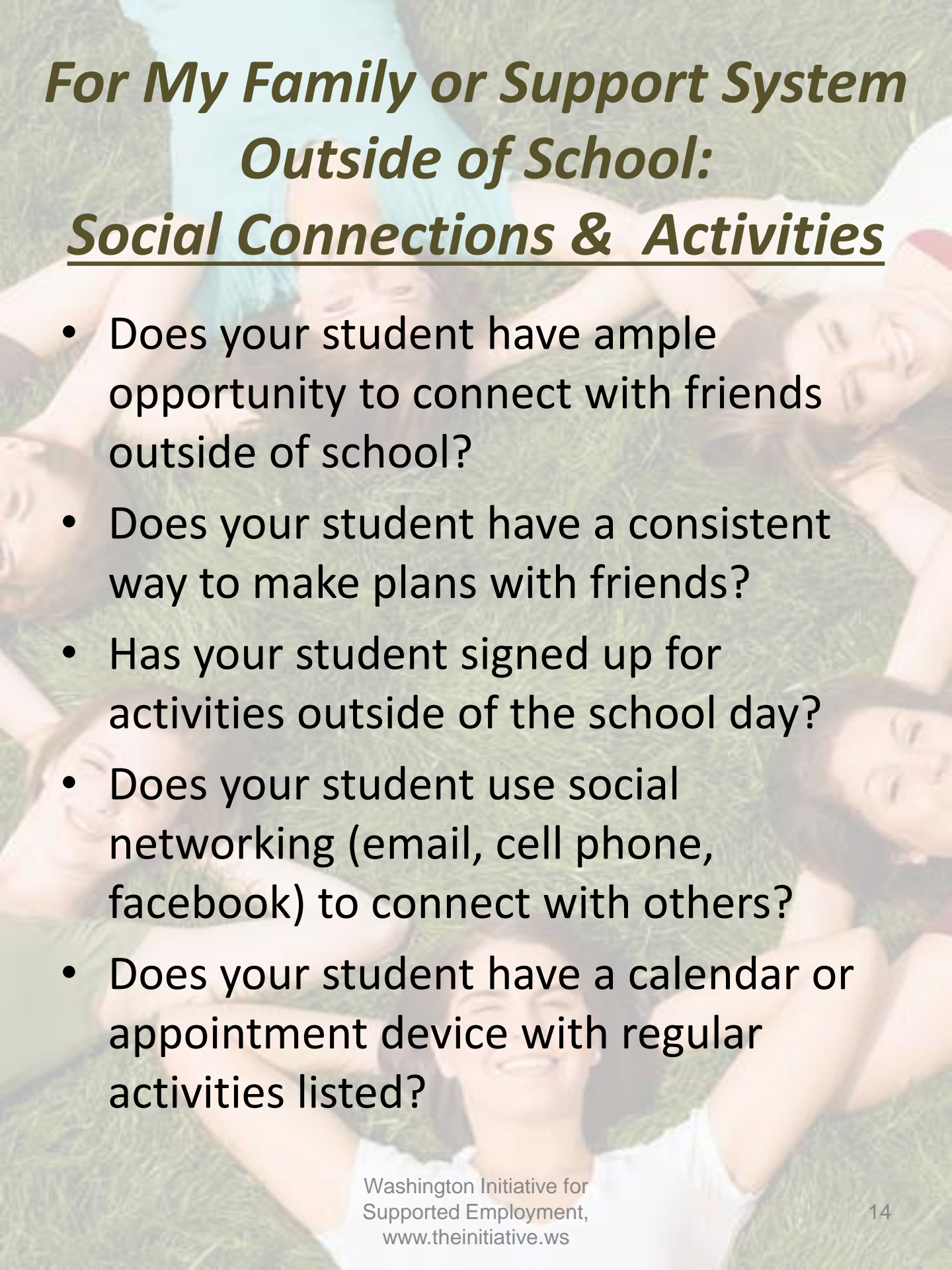
3.

How Will I Make Plans and Contact Friends?

- 
- Ways I can keep a calendar or make appointments -
 - Ways I can contact friends and family -
 - Ways I can find fun things to do -
 - Ways I can meet new people -
 - Ways I can stay in contact with my friends and family -

For My Family or Support System Outside of School: Employment

- Do you have a vision for employment for your son or daughter? http://www.arcwa.org/what's_next.htm
<http://www.doh.wa.gov/cfh/mch/autism/Documents/Guidebook/Chapter7.pdf>
- Do you know the available adult resources to assist in Employment Supports? <http://www.dshs.wa.gov/ddd/counties.shtml>
- Do you understand Social Security Benefits for recipients who are working and how to report wages? <http://www.ssa.gov/redbook/>
- Do you have a systems at home to support your student to succeed at work?



For My Family or Support System Outside of School: Social Connections & Activities

- Does your student have ample opportunity to connect with friends outside of school?
- Does your student have a consistent way to make plans with friends?
- Has your student signed up for activities outside of the school day?
- Does your student use social networking (email, cell phone, facebook) to connect with others?
- Does your student have a calendar or appointment device with regular activities listed?

For My Family or Support System Outside of School: Independent Living

- Do you have ideas for where your student will live in the future?
- Does your son or daughter have friends they would like to live with?
- Do you know other families who are interested in looking for housing options?
- Do you know the adult resources available to assist with housing?
- Do you have a workable plan for housing in the future?
- Have you looked into guardianships, trusts, wills, and Individual Development Accounts?



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**FOR INFORMATION ON
TRAINING OR QUESTIONS
REGARDING THESE
MATERIALS CONTACT:**

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