

## Am I Where I Want to Be?

(Adapted from Personal Futures Planning (Mount) for Project Transition, the School-to-Work Interagency Transition Partnership (SWITP) for Napa County, by Allen, Shea & Associates)

People can change. Goals can change. This is why it is important to make sure the services you are getting from your Regional Center are up-to-date with your life. These questions will help you figure out if your Individual Program Plan (IPP) is still helping you reach your goals.

## Where I am

### Things I like to do with free time

1. Things I like to do in the community: \_\_\_\_\_  
\_\_\_\_\_
2. Things I like to do at home: \_\_\_\_\_  
\_\_\_\_\_
3. Things I like to do for fun: \_\_\_\_\_  
\_\_\_\_\_
4. New things I'd like to try in the community: \_\_\_\_\_  
\_\_\_\_\_
5. New things I'd like to try at home: \_\_\_\_\_  
\_\_\_\_\_
6. New things I'd like to try for fun? \_\_\_\_\_  
\_\_\_\_\_
7. Things that make me happy: \_\_\_\_\_  
\_\_\_\_\_
8. Things that make me mad or sad or frustrated: \_\_\_\_\_  
\_\_\_\_\_

## My Daily Activities

1. Right now I (place a check or X on the line next to your current daily activity):

- Go to school
- Work
- Other- please write down what you are doing \_\_\_\_\_

2. If you are working, please answer these questions:

- I like my job. \_\_\_\_\_ Yes \_\_\_\_\_ No
- The hours and days okay. \_\_\_\_\_ Yes \_\_\_\_\_ No
- I get the support I need. \_\_\_\_\_ Yes \_\_\_\_\_ No
- My pay covers my bills. \_\_\_\_\_ Yes \_\_\_\_\_ No
- I get along with my coworkers. \_\_\_\_\_ great \_\_\_\_\_ okay \_\_\_\_\_ not very well
- When I think about my job, (check the one that shows how you feel most of the time):  I'm glad I got it.  It's okay that I got it.  I'm sorry I got it.

If you aren't working or you might want a new job, please answer these questions:

3. I want a job or a different job than I have right now. \_\_\_\_\_ Yes \_\_\_\_\_ No

4. The kinds of jobs I am interested in getting are: \_\_\_\_\_  
 \_\_\_\_\_

5. I need support getting a job. \_\_\_\_\_ Yes \_\_\_\_\_ No

6. I am looking for my first job. \_\_\_\_\_ Yes \_\_\_\_\_ No

7. It takes me a long time to learn a job. \_\_\_\_\_ Yes \_\_\_\_\_ No

8. I need support getting to work. \_\_\_\_ Yes \_\_\_\_ No

9. I need specialized training or work experience. \_\_\_\_ Yes \_\_\_\_ No

If you answered yes to any of these questions, you could probably use some support in getting and keeping a job.

### My Home

1. Right now, I live (check the correct line):

- a. \_\_Alone
- b. \_\_With a roommate
- c. \_\_With my parents
- d. \_\_In a group home
- e. \_\_Other \_\_\_\_\_

2. The best things about where I live right now are: \_\_\_\_\_  
\_\_\_\_\_

3. The biggest challenges of where I live right now are: \_\_\_\_\_  
\_\_\_\_\_

4. To keep living where I live right now, I need: \_\_\_\_\_  
\_\_\_\_\_

5. I am living where I want to live. \_\_Yes \_\_No, I want to live (write down where you want to live): \_\_\_\_\_

6. I live with the person or people I want to live with. \_\_Yes \_\_No, I want to live with (write down who you want to live with): \_\_\_\_\_

## Where I want to be

1. In the future, I hope to: \_\_\_\_\_  
\_\_\_\_\_
2. I am worried about: \_\_\_\_\_  
\_\_\_\_\_
3. I need this kind of help to get where I want to be: \_\_\_\_\_  
\_\_\_\_\_
4. Steps I can take to get where I want to be: \_\_\_\_\_  
\_\_\_\_\_
5. Who can help me get where I want to be (family, a specific friend, boss, care giver): \_\_\_\_\_  
\_\_\_\_\_
6. Things I should discuss at my next IPP meeting or transition planning meeting:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_