

M - Magnify

You have been identified as someone important to _____. They have requested your input on their goals for the next year at RFI. Below are some questions please fill out and return to RFI as soon as possible. If you have any questions please contact Cindy at 707-726-9019. As part of his/her Circle of Support, don't forget that sometimes our goals or ideal life for that person do not line up with their goals or ideal life! As a team we will always hold health and safety as a priority while allowing the person to explore other areas they may want to be involved in.

What is working????	What is not working???

In your point of view; what is working at Reaching for Independence, Inc. and what is not working?

What do you feel is Important for them to do such as health and safety and what do you feel is important to them such as hobbies, things they enjoy?

Important FOR them	Important TO them

What have we tried?	What have we learned?
What are we pleased with?	What are we concerned about?

Now what do we do?

Y – Your Strengths

1. What are your three favorite things to do?
2. What are a few things that are easy for you to do?
3. What things do you look forward to doing and that make it a GREAT day?
4. What are some things that others tell you that you are good at?
5. What things that when you do them make you feel happy?

Writing skills-

Math and money skills-

Reading skills-

Verbal communication skills-

Good Day-

What makes it a REALLY good day?

Learning styles

When you are learning something new do you like to see someone else do it first? Do you like to do it yourself with direction? Do you like to be told how to do it? (Use visual supports to help the person understand)

L- Learn

What does "GOAL" mean and why do we need them?

Set down with the person and talk to them about "goals" what they are for and why we want to help them identify the goals and action plan for their life.



Buy a T.V.



Read three books



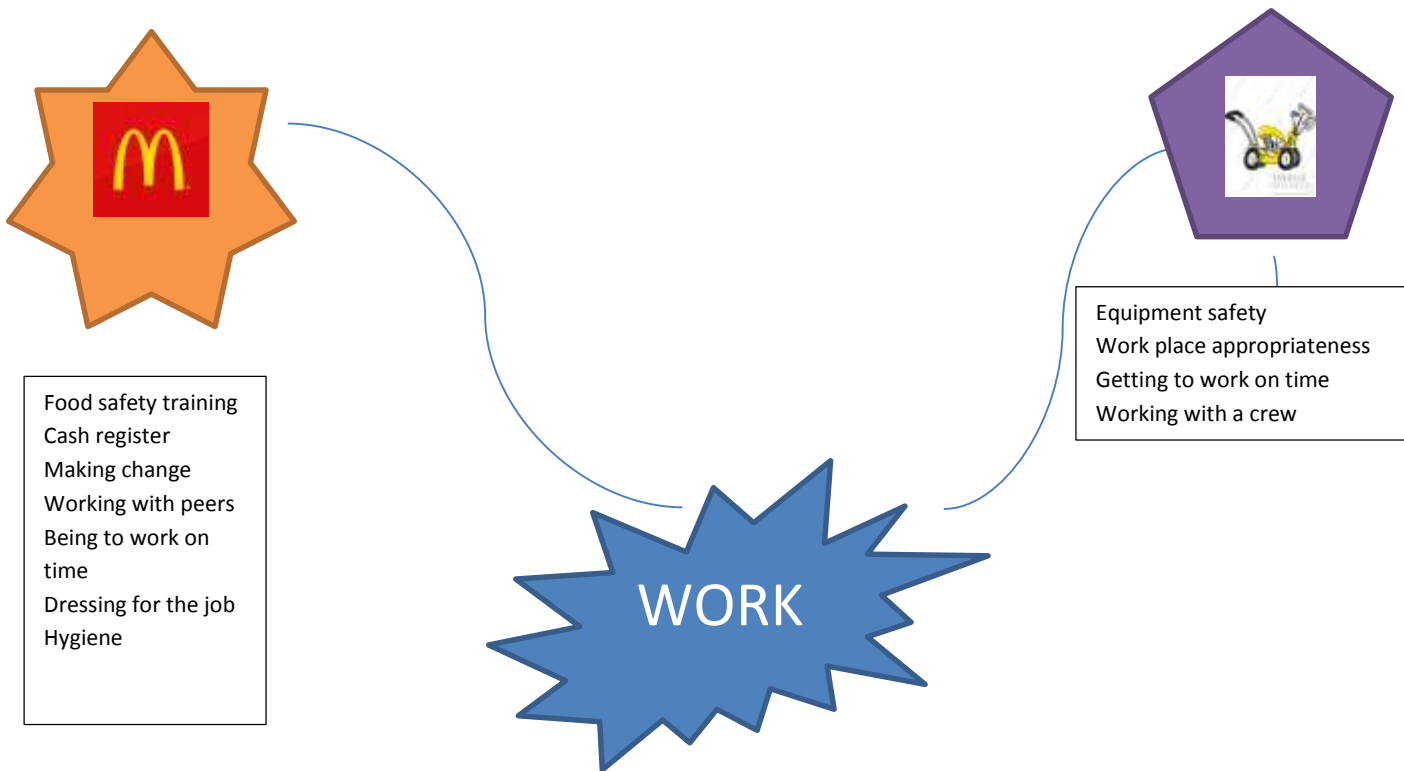
Have a place of my own

I – Investigate

During the investigate process, life coach will meet with the person with disabilities and go through the mind mapping process. This will include a dry erase board with the mind map written out for each category that a goal will be identified for. There will be ICON's that are laminated with different types of jobs that are offered at the center as well as jobs in the community. There will also be a set of ICON's that have skills sets needed to achieve these goals.

Once the life coach has met with the person and they have identified S.M.A.R.T. goals and action plans in each category (Work/employment; Life/Social; Healthy living; Community integration) the Individual service plan (ISP) meeting with the persons Circle of Support will be scheduled. The idea of the ISP meeting will be for the person to be able to share their goals with their Circle of Support. At this meeting it will be a celebration of the achievements from the last year and will set the goals for the next year.

Mind Mapping - Example



MY WEEKLY GOALS

WORK: MY GOAL IS _____

How I did this week!

LIFE/SOCIAL SKILLS: MY GOAL IS _____

How I did this week!

HEALTHY LIVING: MY GOAL IS _____

How I did this week!

COMMUNITY INTERGRATION:

MY GOAL IS _____

How I did this week!

