

## CHOICE – *Conversations With Others*

1. Individuals identify their needs, wants, likes and dislikes.
2. Individuals make major life decisions.
3. Individuals make decisions regarding everyday matters.
4. Individuals have a major role in choosing the providers of their services and supports.
5. Individuals' service and supports change as wants, needs and preferences change.

### Quick Guide

- What are his/her hopes and dreams? Likes, dislikes, choices, preferences and needs?
- Part of their daily life?
- Help decide goals for IPP? Family and friends included?
- Communication assistance available (if needed)?
- How did team find out about his/her needs, wants, likes and dislikes?
- If he/she cannot communicate, is there someone who speaks for him or her?
- Opportunities for making everyday and major life decisions? What kinds?
- What kinds of services and supports received?
- Choice and preference built in?
- If needed, are training and support in decision making?
- Information about services and supports and service providers before or during the IPP meeting?
- Changes in the services or supports? Who made the decision? How were changes made? Has this individual asked for a change in services and supports? If so, what happened?
- Options in service providers for this individual's support needs? How individual choose service provider for each of their needed services? For guardians or conservators, did you choose?

### YOUR NOTES

## RELATIONSHIPS - *Conversations With Others*

6. Individuals have friends and caring relationships.
7. Individuals build community supports which may include family, friends, service providers/professionals and other community members.

### Quick Guide

- Opportunities for making contact with family, friends, and community members on a regular basis?
- Choice of who to spend time with and where?
- Have the support needed for making contacts with family, friends, and community members on a regular basis?
- Have the services and supports to develop friendships and/or caring relationships?
- Chance to meet new friends?
- He/she have a formal or informal support group?

### YOUR NOTES

## LIFESTYLE – *Conversations With Others*

8. Individuals are part of the mainstream of community life and live, work and play in integrated environments.
9. Individuals' lifestyles reflect their cultural preferences.
10. Individuals are independent and productive.
11. Individuals have stable living arrangements.
12. Individuals are comfortable where they live.
13. Children live in homes with families.

### Quick Guide

- A method of communication?
  - Adaptive devices (communication, etc.) if needed?
  - Opportunities for learning that lead to greater independence and productivity?
  - Opportunities for completing everyday life activities on his or her own or with support?
  - Primary language? Does he/she have someone to talk to in this language?
  - Religious or cultural preferences of this individual? Part of their everyday life? Services and supports used by this individual honor these preferences?
  - Things does this individual do in the community? Things that he/she would like to do? Why not?
  - How is this individual integrated into everyday community activities with other community members?
  - How do support services contribute to the individual's involvement in the community?
  - Where does he/she work?
  - Can this individual live here as long as he/she wants?
  - Any reasons he/she would have to move?
  - Person had to change living arrangements in the past year? Why? Services and supports provided to help him or her transition to a new place or stay in their current living arrangement?
- Children*
- Child have 'alternative' parents as caregivers?
  - If not, information about alternative family living options?

### YOUR NOTES

## HEALTH & WELL BEING – *Conversations With Others*

14. Individuals are safe.
15. Individuals have the best possible health.
16. Individuals know what to do in the event of threats to health, safety and well-being.
17. Individuals have access to needed health care.

### Quick Guide

- Feel safe when you visit?
- Safely features of this home?
- Home accessible for this individual?
- Opportunities to exercise?
- Healthy most of the time?
- Health concerns about this individual?
- Any prescribed medicine?
- Information about drug or alcohol abuse? safe sex?
- Knows what to do in the case of an emergency?
- If this person cannot help himself/herself in an emergency, are there others who can help?
- Receives training and support about what to do in an emergency?
- He/she have a regular doctor? dentist?
- He/she have a way to pay for health services?
- Health services that he/she needs that are not available?

### YOUR NOTES

## RIGHTS – *Conversations With Others*

18. Individuals exercise rights and responsibilities.
19. Individuals are free from abuse, neglect and exploitation.
20. Individuals are treated with dignity and respect.
21. Individuals receive appropriate generic services and supports.
22. Individuals have advocates and/or access to advocacy services.

### Quick Guide

- Knows his/her rights and responsibilities?
- Needs training or support in learning about rights and responsibilities?
- He/she have someone to assist with understanding his/her rights and responsibilities?
- Safe from abuse, neglect, or exploitation where he/she lives? works? with friends?
- Needs training or support on what to do if he/she is harmed by someone else?
- Has a friend, family member, service coordinator who has frequent contact and can report any problems?
- Receives training and support about what to do if he/she is harmed/hurt by someone else?
- Treated by those who live with him/her? at work? in the community? people who provide services and supports?
- Receives Social Security and/or Medicaid/Medi-Cal/IHSS benefits? If not, why?
- Receive the same local generic services available to others? What are they?
- Speaks up for himself/herself?
- Receives training or support in speaking up for himself/herself?
- Family and friends have information about how to advocate for this individual?
- Family and friends need help in advocating?

### YOUR NOTES

# SATISFACTION – *Conversations With Others*

- 23. Individuals achieve personal goals.
- 24. Individuals are satisfied with services and supports.
- 25. Individuals are satisfied with their lives.

## Quick Guide

- What are some things that he/she has done in the last year that you're proud of?
- Has this individual reached any personal goals in the last year? If not, what would help most?
- What ways do you have of knowing that this individual is satisfied with the services and supports that he/she receives? Are you satisfied with them? What could be better?
- Is he/she happy with his/her life right now? If not, what changes would make things better?
- Is he/she better off, about the same, or worse off than last year? What could be better?
- Are there other things that we haven't talked about in the life of this individual that you would like to mention?

## YOUR NOTES