

## CHOICE – *Conversations With The Individual*

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

- When you have free time, what kinds of things do you do? Do you get to try new things? Do you make those choices for yourself? If not, who makes those decisions for you?
- Things that you'd like to do that you don't do now? If so, why don't you do them? Support in trying those things?
- Kinds of choices do you make? Who decided you would live here? Where you work? Choose how to spend your money? Choices do you make every day? When you get up and go to bed? Decide what foods you eat?
- Times when you made a choice and didn't get what you wanted?
- Things you would like to do in the future?
- Made any plans towards your goals?
- Talk to anyone about these plans? Anyone helping you on these plans?
- Help work on your Individual Program Plan (IPP)? Choose who you wanted to attend your IPP meeting? People talk to you about what you wanted and needed before your IPP meeting? Goals in your IPP ones that you chose?
- Information about services from which to choose? How did you decide which services you wanted to use?
- Ever changed services? If so, what happened? Offered a choice of service providers? Meet the new service provider before you chose them?

### YOUR NOTES

## RELATIONSHIPS – *Conversations With The Individual*

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

- Who do you like to spend time with? Things do you do together? Where do you do them?
- People that you're close to that you would like to see more often? your family? your friends? If so, what gets in the way of you spending more time with them?
- Opportunities to meet with people where you live? where you work?
- List the people you're closest to, who would you include? Turn to when you have a problem? How do they help?
- Have someone with whom you can share your thoughts and feelings?
- Have someone to talk with about sexuality? family life? If not, do you want someone to talk to?
- Have a phone available for you to contact others? Have privacy when using the phone? Need any special equipment to use the phone?
- Have transportation available when you want to visit or go someplace with family or friends?
- Are you dating someone or if you wanted to, could you?
- Do you have privacy when spending time with your family or friends?

### YOUR NOTES

## LIFESTYLE – *Conversations With The Individual*

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

- Weekday look like for you? Do on the weekends? Things that you told me about, what do you enjoy most?

- About your community?  
Where do you like to go?

- How often do you go to those places? Go by yourself or with others? Who do you go with?

- How do you get around?

- Things that you would like to learn to do or do more of?

- Are you going to school?  
Where? What are you learning?

- Have a job? Please tell me about it.

- Special supports to do any of the things we've talked about? to get out in the community? to go to school? to do your job? If you have special supports or equipment, are they in good repair?

- Support to do the things you like to do in your community? If not, what other services and supports do you need? Know what to do to get these services and supports? Someone who can help you do this?

- Special holidays or events that you like to celebrate?

- Religious preference? Able to practice it?

- People in your life who can speak your language?

- Comfortable living here?  
Choose the furniture?  
decorations? Feel that you can live here as long as you want?  
Have you ever moved? When and what happened?

### YOUR NOTES

## HEALTH & WELL BEING – *Conversations With The Individual*

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 in your home? If not, why not?
- Feel safe in this neighborhood? If not, why not?
- Feel safe at your job, training program, or school?
- What would you do if you didn't feel safe?
- Believe you can protect yourself in the community?
- Any training on safety and security?
- What would you do in case of a fire? earthquake?
- Ever had an emergency such as needing to see a doctor? What did you do?
- Know how to call 911 or a help hotline?
- Regular doctor that you see? How about a dentist?
- Any problems getting medical help when you need it?
- If taking medications, do you know what they are? Know why you are taking them? Know about any side effects? Wear a MedicAlert?
- Transportation to get to the doctor? dentist?
- Get information about diet and exercise? sex education information?
- Things that you do to keep yourself safe and healthy? healthy diet and exercise? other things?
- Things about health and safety that you would like more information about? smoking? diet? exercise?

### YOUR NOTES

## RIGHTS – *Conversations With The Individual*

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

- What are some of your responsibilities as a citizen?
- Can you tell me what you know about your rights. Who has talked to you about your rights? Do you need more information about them?
- What would you do if you thought someone was taking away one of your rights? Who would you talk to?
- Have privacy in your home?
- Someone you trust that you could tell if you were being abused? Afraid of anyone? at home? at work? in the community? How do people treat you? If someone did something bad to you, what would you do?
- Have any help with your money? Spend your money the way you want to?
- Ever needed help and couldn't get it?
- Ever feel like you need help in speaking up for yourself at meetings or with your friends, relatives and service providers?
- Problems using things in the community like the bus or a park or going to school? Receive Medi-Cal/Social Security/IHSS? Problems with any of these benefits? Get cleared up? Someone who could help you with those kinds of problems? If have an advocate, are you happy with him or her?
- Need training on how to speak up for yourself?
- Feel that your rights are limited in any way? If so, do you know what you can do about it?

### YOUR NOTES

# SATISFACTION – *Conversations With The Individual*

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

## Quick Guide

- Tell me about some of the things that you have done that have really pleased you . . . that you are proud of?
- Some things that you want to do that you're still working on? like learning something new? saving money to do something special?
- Do you feel that you are being given opportunities to learn and advance?
- Do you like the services you get from the regional center? What's the best thing about them? What could be better? Are you satisfied with your service coordinator?
- Do you have confidence in the people assisting you?
- Are there any areas of your life you don't feel you have the services and supports you need? where you live? work? in the community?
- How would you say your life is going?
- What makes for a good day? or a bad day?
- Do you believe that you are in charge of your life? in control of your life? If not, who is?
- Are you happy with your life? Are there any changes you would like to make?
- Are there other things that we haven't talked about in your life that you would like to mention?

## YOUR NOTES