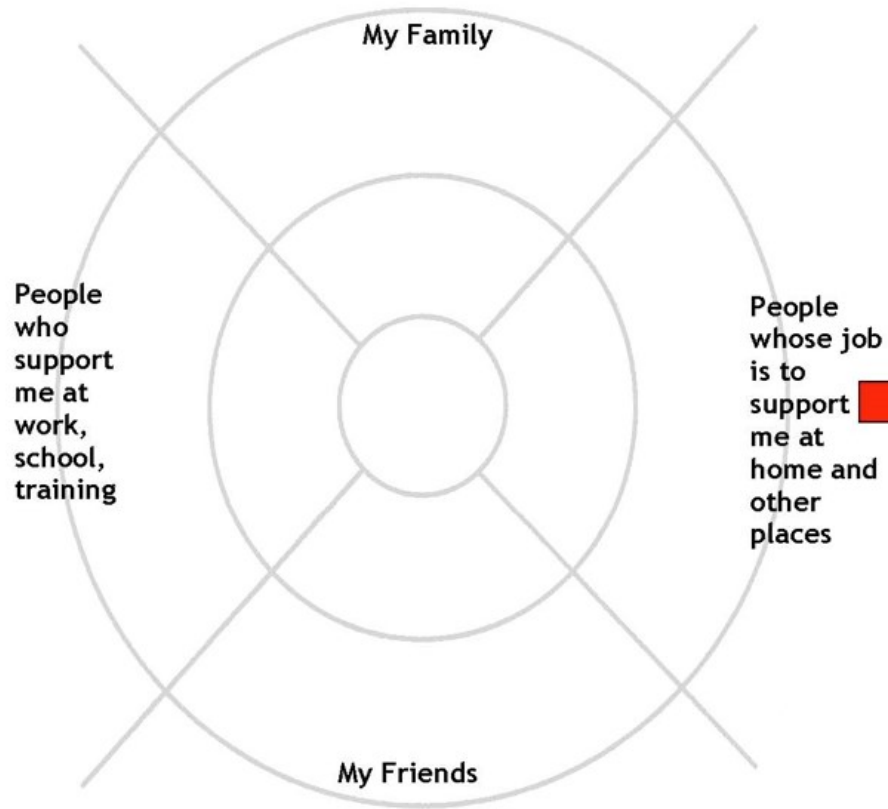


### Gathering Information About You

## People Map for



### Putting it Together in a Plan

#### What is Important to Me

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?

What are the characteristics of people who support me best? If I was going to pick a new person to work with me (e.g. case manager, staff in a home) what would I look for? What do the people that I like to work with have in common? Have there been people that I couldn't work with? What do they have in common?

## Gathering Information About You



**What are some great things about you?** What do you like about who you are? What are some things you're good at? Proud of? What are things that people say when they compliment you? What do people thank you for? This is sometimes hard for people to answer, so you might want to start by asking a friend or relative.

**Great Things About You**

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## Putting it Together in a Plan

**My Introduction - Great Things About Me** What do people like and admire about me? What are the good things they say about me? How would I like to be introduced?

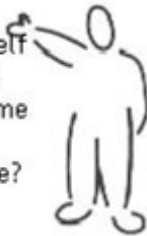
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### Gathering Information About You

#### **What things do you like to do?**

To help you get started on your lists, ask yourself and people who know you: What things do you like to do? Where you live? Where you spend time during the day? For fun? Around town? On vacation? At home? At school? At the Clubhouse? Drop-in center?



**Your List of  
Favorite Things**



### Putting it Together in a Plan

#### **What is important to Me**

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?

### Gathering Information About You

What would a great week day look like for you? What do you do when you first get up on a great week day? What do you eat for breakfast, lunch, and dinner on a great week day? How would you spend your day and with whom on a great day? What happens at night? What would be your worst week day? What kinds of things would make you mad, sad, or frustrated during your worst week day?

 Great Week Day	Worst Week Day 
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### Putting it Together in a Plan

#### What is Important to Me

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?

What Others Need to Know or Do to Support Me If I am going to have the things that are important to me, and stay healthy and safe, what do people need to know about me? What do they need to do? How do I need to be supported at home, at work, and when I am out in my community?



## Gathering Information About You

### Your Positive Rituals

Positive rituals ease us through our days and help us mark special occasions. For each of the following questions, include as much detail as you can. Use extra sheets of paper if you need them.

After you have finished, go back over what you wrote and see what they say about what is important to you and what other people need to know or do to support you. Add the information to your plan as it makes sense. If there is a "ritual" that is very important to you, add it to the end of your plan so those people who need to know it, will find it.



Positive Rituals

## Putting it Together in a Plan

### What is Important to Me

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?

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What Others Need to Know or Do to Support Me If I am going to have the things that are important to me, and stay healthy and safe, what do people need to know about me? What do they need to do? How do I need to be supported at home, at work, and when I am out in my community?



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### Gathering Information About You



#### **Individual Interview**

What do you like the most about me?  
What do you admire the most about me?  
When you think about the times that we have spent together, when was the last time that we had fun together, what were we doing?

**Individual Interview**

### Putting it Together in a Plan

**My Introduction - Great Things About Me** What do people like and admire about me? What are the good things they say about me? How would I like to be introduced?

#### **What is Important to Me**

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?



### Gathering Information About You

#### Unlimited Power Questions

If you were given unlimited power, authority, and money and you were asked to help me have a great day and/or a great week. What would you do? What would the day/week be like? To help me learn more about myself from others, what would need to happen for me to have a really awful day/week? What would the day/week be like?

#### Unlimited Power Questions

### Putting it Together in a Plan

#### What is Important to Me

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?



What Others Need to Know or Do to Support Me If I am going to have the things that are important to me, and stay healthy and safe, what do people need to know about me? What do they need to do? How do I need to be supported at home, at work, and when I am out in my community?



## Gathering Information About You

### Staying Healthy and Safe

Do you have medical conditions/mental health issues that other people should know about? What are they?

Do you have any allergies that others should know about?

What medications do you take?

Medication	Dosage	How often?

Are there side effects that other people need to know about?

Do you need any help to take your medications as prescribed? If yes, how would other people know if you were not taking your medications?

## Putting it Together in a Plan

### What Other People Need to Know or Do to Help Me Stay Healthy and Safe?



Do I have medical conditions or mental health issues that other people should know about? Are there times when I need help in managing my medical or mental health?



### Gathering Information About You

What is the best way for other people to help you in taking your medications? What works, what doesn't work?

Are there times when you need help in managing your illness? If yes, how would someone know and what should they do?

If you have a crisis from time to time, what should others know? How would someone know you're having a crisis?

What helps you feel safe? (people, places, things you need to do, things others should do for you)

Who should be contacted?

What else should others know and do?

### Putting it Together in a Plan



#### What Other People Need to Know or Do to Help Me Stay Healthy and Safe?

Do I have medical conditions or mental health issues that other people should know about? Are there times when I need help in managing my medical or mental health?