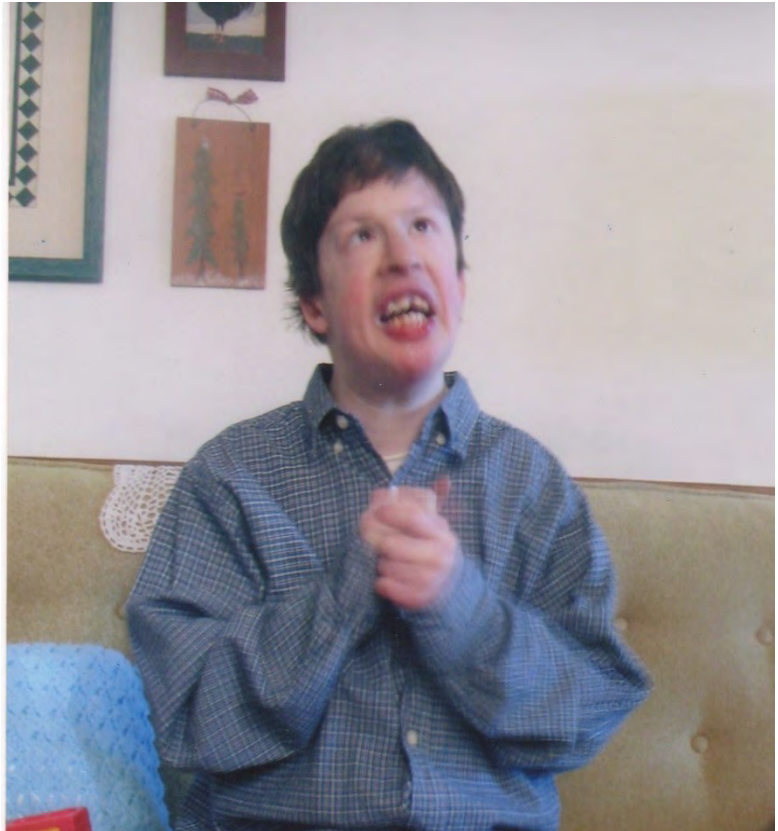




My Person-Centered Plan

Aaron
Carl
Wolfberg



I am 48 years old and live in
Watertown, Wisconsin.

Funded by the Illinois Council on Developmental Disabilities:



This template was developed by
CQL | The Council on Quality and Leadership
www.c-q-l.org



About This Plan

How this person-centered plan works



This plan helps you share information about yourself.



It explains who you are, what your life is like, and what you want to do in the future.



You can add pictures and words to each page, by clicking on the boxes.



You can add pages, delete pages, or make changes to pages.



If you need support with filling out this plan, other people can help you.

John Uhlman and Gretchen Block

... helped me fill out this plan. I chose them because:
they know me well and I trust them a lot.



About Me



My Human Security

Its important to me to feel safe and to be told in advance about things.



My Community

I have lived in Watertown, Wisconsin for 35 years. I enjoy going out to eat and to the park.



My Relationships

My mom and dad are very important to me. I like to FaceTime with them.



My Choices

I enjoy going to day services at Bethesda.



My Goals

I want to be safe and healthy and spend time with the people that are important to me.



Some Things I Do Like

Pictures of things I enjoy in life



Watching Mr. Rogers



Slapstick comedy



Jazz music

I really enjoy looking at magazines and books.





Some Things I Don't Like

Pictures of things I do not enjoy in life



Crowds



Participating in events—I prefer to watch



Crabby people



Mosquito bites



Sitting in the dentist chair



Not knowing about things in advance and being rushed



Important People

Pictures of people who matter most to me

Mom & Dad

I like to FaceTime with them.



John

John is important because I trust him and he is a good cook!



Gretchen

Gretchen and I have known each other a long time. We like to hang out together.



Grandpa Ralph



During The Day

Pictures of me at work, volunteering or what I like to do most of the day

Packaging fishing lures



Shredding paper



Favorite Activities

Pictures of me doing my favorite things



Chatting with mom and dad via
FaceTime



Looking at pictures



Going out to eat



Getting the mail



Supports that I want

Pictures of what I need or want help with

I want and need to feel safe. I need to know I can count on the people I trust.



I need help taking my medication



I need help making appointments and getting to the doctor's office



I like help shopping for clothes



I need help managing my money



I want help cooking and cleaning (or just someone to do it for me)!



My Health

Important things to know about my health



I can't have a lot of Potassium

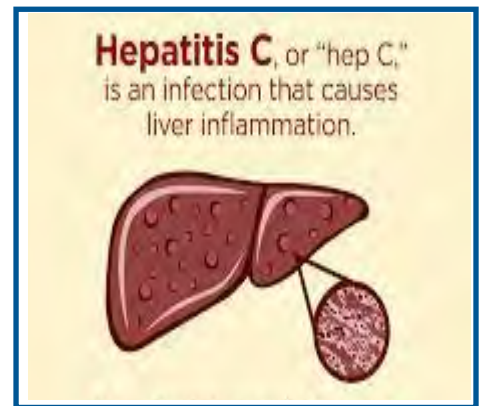
I get cold easily. I need to dress warmly.



My food needs to be pureed



I take my pills with applesauce



I have Hepatitis C



I have to go to Oconomowoc Memorial Hospital for my dental care.



My Values:

What I think about things like rights,
religion, voting and other topics

Voting is not important to me.



I am Lutheran. I have been
baptized and confirmed.

One right that is very important
to me is the right to my own
space and possessions.



Another thing important to me is
the ability to move about as I
want.





My Community

Being included and involved around town



Attending church at Good Shepherd Lutheran Church

Eating at Rose Garden restaurant in Watertown



Shopping at Shopko



Shopping at Dollar Tree



My Safety

How I can be supported to feel more safe

(These may be included in your *Risk Assessment*)



Please shovel and salt the walkways when it snows. I don't want to fall.



Practice emergency drills



I need to be with someone I trust when out and about

Keep my house warm and clean





Extra Information

Other things I want people to know



I like to joke!

I am always aware of my surroundings



I am a good listener



I always have a possession with me—like a book, picture, “woman”, when I leave the house



Proud Moments

Things I have accomplished in the last year



I have started sitting outside on the deck of my house. I never like doing this before.



Employee of the month at work

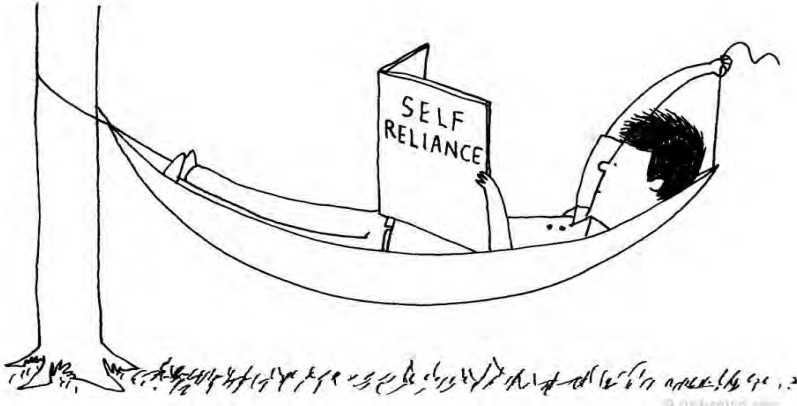


Perkins closed. I liked their pie. This was hard for me, but I made it through.



My Future Dreams

How I want my life to be in the future



I would like to learn more self-reliance and not depend on others as much.



I want to keep working at my job.



I would like to go to the movie theater more to see different movies.

I would like to learn to use the iPad to play games and watch videos.





Goal #1

Using iPad



I will learn to use the iPad to play videos and interactive games. I want to be able to do this on my own and not depend on others.

BENCHMARKS: ACHIEVING THE GOAL

- 1. Turn on the iPad**
- 2. Touch the game or video icon I want to play**
- 3. Play game/video**

I will need some help from others in choosing games and video apps that I will enjoy. It would help if the first ones I choose are easier ones to play so that I can start simple and then go from there.

SUCCESS!



Goal #2

Go to a concert

I really love music and would like to go to a concert. I saw Raffi once and enjoyed it. Since I am not a big fan of crowds, an outdoor concert may work better for me.



BENCHMARKS: ACHIEVING THE GOAL

- 1. Look for scheduled concerts in the paper and online**
- 2. Choose a concert**
- 3. Pick someone to go with me and buy tickets**
- 4. Attend concert and have fun!**

SUCCESS!



Goal #3

Subscribe to big TV Guides



One of my favorite things in the world is to look at magazines. I really like the TV Guide, but the small ones are hard for me to enjoy. I would like to get a subscription to the big TV Guides.

BENCHMARKS: ACHIEVING THE GOAL

- 1. Fill out the subscription form**
- 2. Send payment**
- 3. Get my first big TV Guide**

SUCCESS!



Celebrating My Goals

How I will celebrate achieving goals



Goal #1 - Using iPad

I will celebrate this goal by using FaceTime to tell my mom and dad and I did it on my own.



Goal #2 - Go to a concert

I will celebrate achieving this goal by taking pictures or making a scrapbook that I can look at later.



Goal #3 - Subscribe to big TV Guides

I will celebrate achieving this goal by getting them from the mailbox and showing my mom.



My Person-Centered Plan

**My
signature**

I, Aaron Wolfberg,

made this person-centered plan
and it is unique to me, based on
outcomes that are important to me!

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