

# Lets make 2021 Awesome

## FOCUS: *Connections in Community*

...I'm too cool to keep to myself and I have a lot I can do for others...

### MY GOALS

1. Get to know my community and let them get to know me
2. Increase the number of places I can go on my own
3. Get a new job—market, restaurant, ie. food
4. Get involved in groups where I can meet people, make friends, and maybe even find a girlfriend
5. Find a way to connect with others from church
6. Continue to take care of myself—sleep, shower, eat healthy, walk, drink lots of water!
7. Take care of my condo—keep it clean
8. Cook at home more—eat out less

### I like

- ◆ Being with people & making friends - going on adventures, eating out, helping others, and being a part of a group of guys at church
- ◆ Listening to music (Jeremy Camp is my favorite)
- ◆ Going to the library and checking out movies
- ◆ Watching movies and YouTube on my computer

### Works for me

- ◆ Routine schedule for things like taking care of myself (ie. nails, haircuts, laundry, med's, shopping) *and* DSP support (who, when, why, what)
- ◆ Support to find balance in what I eat, how I get exercise, what I wear, how often I go out and how to spend money
- ◆ Adventure— trying new places, exploring new things and making new friends
- ◆ Supported decision-making—help me get information I need to make a decision (are there risk's, could this hurt me, etc)



### I don't like

- ◆ To be bored and lonely (I really like to be with people)
- ◆ To be treated like a little kid because I have a disability
- ◆ To only have opportunities to be with other people that have disabilities (I really like to be with all sorts of people)

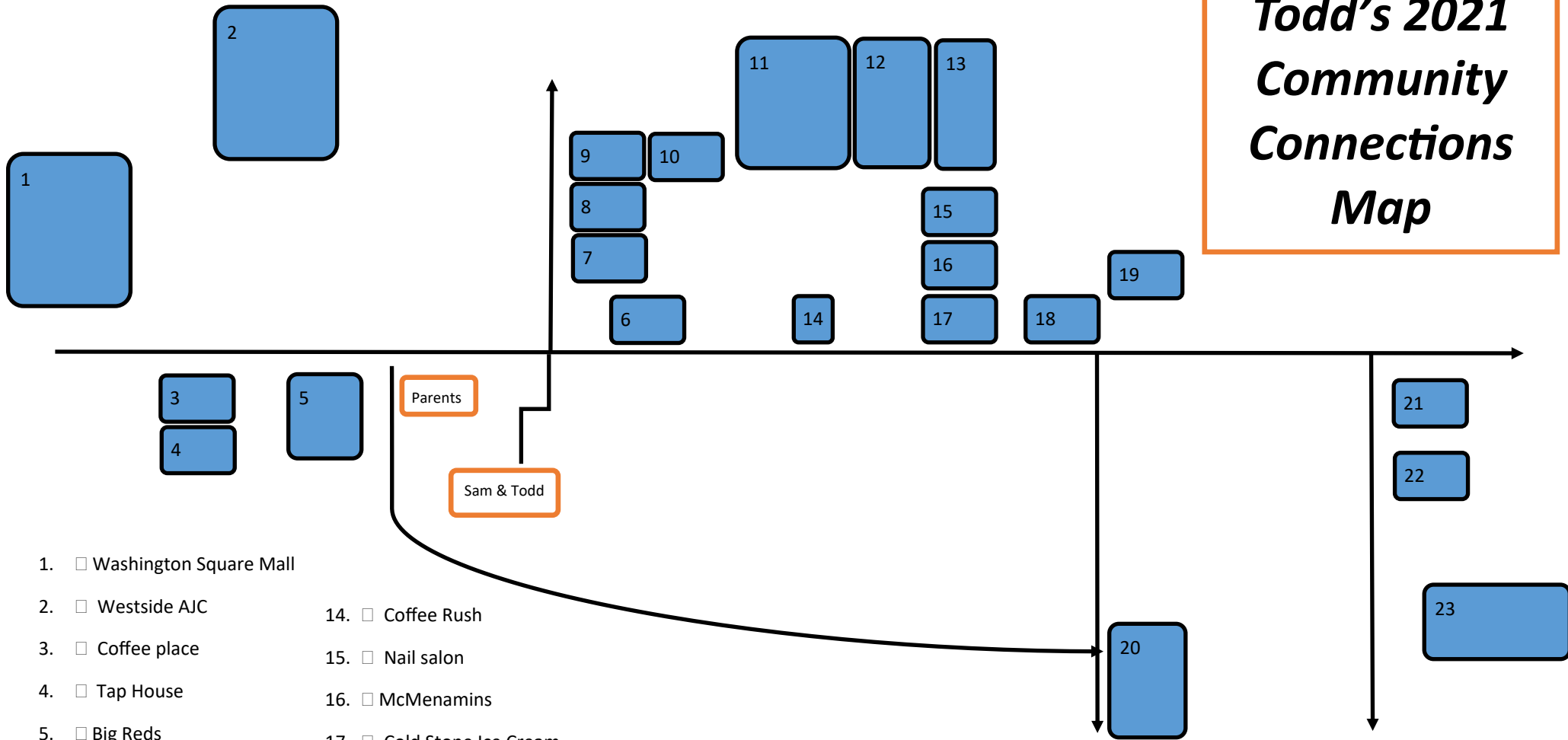
### Does Not work for me

- ◆ To have other people boss me around or treat me like I can't make my own decisions (I am the boss of me)
- ◆ Setting a low bar— I don't stretch and grow when I get stuck in a rut or have low expectations.

When supporting me with making a decision it is OK to remind me that to be successful...

*I must do what is important FOR me before I do what is important TO me*

# Todd's 2021 Community Connections Map



- 1.  Washington Square Mall
- 2.  Westside AJC
- 3.  Coffee place
- 4.  Tap House
- 5.  Big Reds
- 6.  Carls Jr.
- 7.  Barbershop
- 8.  Monkey Subs
- 9.  Baja Fresh
- 10.  Mod Pizza
- 11.  Whole Foods
- 12.  Rite Aid
- 13.  Dollar Store
- 14.  Coffee Rush
- 15.  Nail salon
- 16.  McMenamins
- 17.  Cold Stone Ice Cream
- 18.  McDonalds
- 19.  Dr. Nagappan (my doctor)
- 20.  THPRD (parks and rec)
- 21.  Walgreens
- 22.  Library
- 23.  Safeway

## Example of How to Scaffold Support?

*Remember the goal is to increase what I can do and where I can go with less support or on my own*

- 1. Visit a new place together—get familiar with the new place and what you need to know to be successful there*
- 2. Navigate the best way to get there and walk there together several times*
- 3. Plan to meet me at the new place when I can walk there on my own*
- 4. Plan for me to go to the place on my own and meet you back at the condo*