

California Lifestyles

ASA for DDS, revised 3/94

What is *California Lifestyles* about? The questions you will find below are designed to help Californians with developmental disabilities look at their own *quality of life*. For people who cannot speak for themselves, these questions provide a way for service coordinators, family members or advocates to think about the *life quality* of someone they know and support by looking at life from his/her point of view.

Who is this about? _____
First Name MI Last Name

Who completed this? _____
First Name MI Last Name

How was this completed?
 Completed by person on own
 Completed with help from service coordinator, relative, advocate
 Completed by service coordinator, relative, advocate

When was this completed: _____

all or most of the time
some of the time
not very much
can't say

When I look at *my life*
 my son, daughter or relative's life
 the person I coordinate services and/or advocate for
most of the time

I like where I live

why or why not?

what would make things better?

I feel safe where I live

why or why not?

what would make things better?

=This needs some immediate attention.

all or most of the time
some of the time
not very much
can't say

When I look at *my life*
my son, daughter or relative's life
the person I coordinate services and/or advocate for
most of the time

I like where I work or go to school

why or why not?

what would make things better?

I feel safe where I work or go to school

why or why not?

what would make things better?

I feel safe from abuse or neglect

why or why not?

what would make things better?

I stay healthy

why or why not?

what would make things better?

I have the support I need to stay healthy

why or why not?

what would make things better?

=This needs some immediate attention.

all or most of the time
some of the time
not very much
can't say

When I look at *my life*
my son, daughter or relative's life
the person I coordinate services and/or advocate for
most of the time

I make the small decisions in my life

why or why not?

what would make things better?

I make the big decisions in my life

why or why not?

what would make things better?

I get around my community

why or why not?

what would make things better?

I get involved in my community

why or why not?

what would make things better?

I have things to do that I like

why or why not?

what would make things better?

Other than the things that you may have already talked about, what are the things that

*you need/want/hope for your son, daughter or relative needs/wants/hopes for the person I coordinate services and/or advocate for needs/wants/hopes for a **good everyday life***

I need/want/hope for:

what gets in the way? what would make things better?

I need/want/hope for:

what gets in the way? what would make things better?

I need/want/hope for:

what gets in the way? what would make things better?

What happens with this information?

This should be turned in to a regional center service coordinator.

- You answered *not very much* or *can't say* to one or more of the items **in dark letters** with a dark box around it and you are requesting a meeting with your regional center planning team as soon as possible.

- After looking at your answers, you are requesting: nothing at this time
- | | |
|---|--|
| <input type="checkbox"/> a meeting to talk about it | <input type="checkbox"/> a change in the Individual Program Plan |
| <input type="checkbox"/> more information | <input type="checkbox"/> advocacy assistance |
| <input type="checkbox"/> something else: | |