



# Listen to Me!

This workbook belongs to:

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Revised 2000

## A Note to Planners:



If you're using this workbook to help others plan, you should make sure:

1) you've completed **Listen to Me!** for yourself;  
and, 2) you've learned about Essential Lifestyle Planning from a credentialed ELP facilitator.

Remember, this is a way to get started in helping someone move towards the life that he or she wants to lead. Don't stop here, don't plan just once - keep listening.

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Adapted from **Your Personal Passport**  
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and  
**Reviewing Essential Lifestyle plans: Criteria for Best Plans**  
by Michael W. Smull, Helen Sanderson, & Susan Burke Harrison

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## What's this workbook about?

In this workbook, you will have a chance to think about your life and the kinds of things that are important to you. When you're done, you will have finished *Listen to Me!* This information can be used to help build your *Individual Support Plan*. On each page you will find a question and some words about what it means. It's best to do this workbook with people who know and care about you. Remember, this is just one way to start the person-centered planning process.

Here are some things to think about when you're working on *Listen to Me!*:

- Pick a place to work where you are comfortable;
- Invite people who know and care about you (your friends, relatives, neighbors, service coordinator, service provider) to meet with you and help you fill out the workbook;
- When you get together, make sure everyone knows each other and that they're there to support you;
- Someone should lead the meeting and someone should write down what you and your team say in the workbook;
- The person who leads the meeting should make sure everyone gets a chance to talk and that people listen;
- Have a good time, be positive; and,
- Ask the person who was writing things down to go over them with you to make sure everything is just like you want it.

# 1. Who is a part of your life?



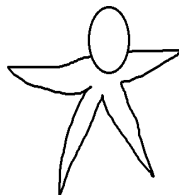
Who are the people you are close to? people in your family? people at work or school? neighbors and friends? Who are the people you do things with? talk to? turn to for help?

Who do you spend the most time with? Who are the people who know you best? Who are the people who are most important to you?

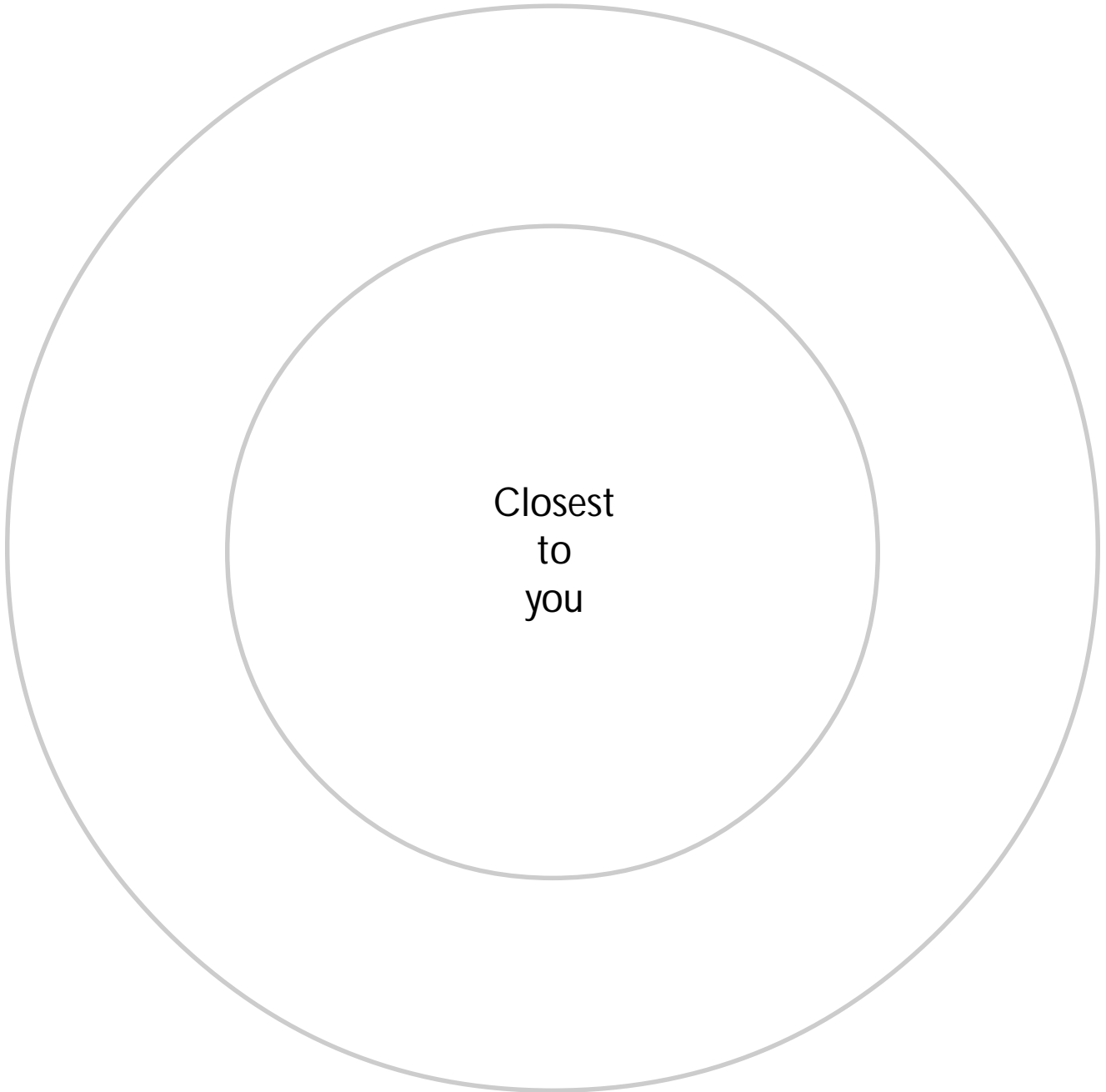
These are people who you might want to invite to your person-centered IPP meeting. Or, they might be able to support you in your plans for the future.

Think about who they are and write their names in these circles. Some people write the names of people who are closest to them in the middle, but you can do it any way you want.

People who like to draw sometimes use star people next to names. They look like this:



Who is a part of your life?





## 2. What are some great things about you?

What are some great things about you? What do you like about you? What are some things you're good at? proud of? What are some nice things that people say about 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.

These are important things to think about when you are figuring out the kinds of services and supports you need and want.

Great Things About You

### 3. 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? at home? at work? at program? at college? for fun? around town? on vacation? What kind of music do you like? What kind of movies do you like? What kind of food do you like? Do you have any hobbies? Do you collect things? What are the things you don't like or don't like to do? Did you do something before that you liked to do (like a class or a job)?

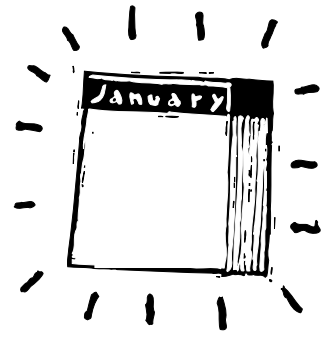




Your List of Favorite Things ...

Things You Don't Like or Don't Like to Do ...

#### 4. The week day.



First, what does your Monday through Friday morning look like right now? What do you do when you first get up? What do you eat for breakfast? When do you leave for work? Next, what would be your best Monday through Friday morning? If you could be doing anything, what would it be? Finally, what would be your worst Monday through Friday morning? What kinds of things make you mad, sad, frustrated in the morning? What kinds of things bug when you first get up?

What does your Monday through Friday day look like right now? What do you do when you first get to work or program? What kinds of work or activities do you do now? Next, what would be your best Monday through Friday day? If you could be doing anything, what would it be? What kinds of activities make you happy? Who would you do it with? Finally, what would be your worst Monday through Friday day? What kinds of things make you mad, sad, frustrated during the day? What places (or people) would you like to stay away from?

Finally, what does your Monday through Friday night look like right now? What do you do when you first get home? What do you have for dinner? What kinds of activities do you do now? Next, what would be your best Monday through Friday night? If you could be doing anything, what would it be? What kinds of activities make you happy? Who would you do it with? Finally, what would be your worst Monday through Friday night? What kinds of things make you mad, sad, frustrated during the evening?



The Best Week Day Would Be

When you first get up



The Week Day Right Now

When you first get up



The Worst Week Day Would Be

When you first get up



The Best Week Day Would Be

During the day



The Week Day Right Now

During the day



The Worst Week Day Would Be

During the day



The Best Week Day Would Be

At night



The Week Day Right Now

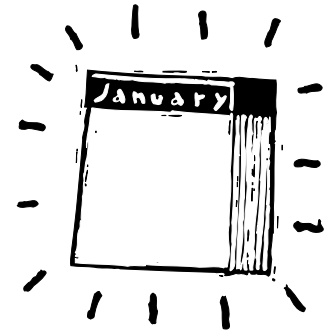
At night



The Worst Week Day Would Be

At night

5. What is different about the weekend?



First, what does your Saturday and Sunday morning look like right now? Is there anything different about the weekend during the morning, in the afternoon, evening?

Next, what would be your best Saturday and Sunday? If you could be doing anything, what would it be?

Finally, what would be your worst Saturday and Sunday?



The Best Weekend Would Be

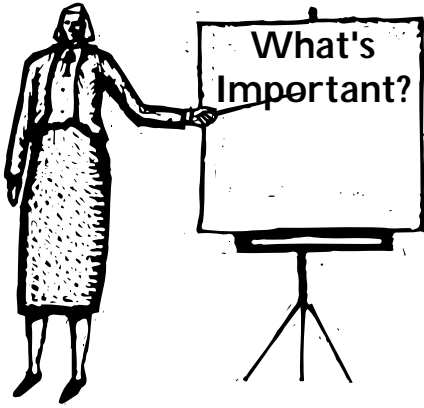


The Weekend Right Now



The Worst Weekend Would Be

6. What is most important to you and what can we do to successfully support you?



Look back at the things you wrote down or said when we talked about who is in your life (#1), great things about you (#2), things you like to do (#3), and your best and worst week day and weekend (#4 & #5). What is most important for us to remember? What things do you want to make sure are in your life every day (like a cup of coffee in the morning or a favorite friend)? What things do you want to make sure are not in your life every day (like a certain kind of music or some food you can't stand)? How can we successfully support you with those things that are most important. At work? At program? Around town? For fun? On the weekends?





What is Important to You?

What Can We Do to  
Successfully Support You?

7. Are there other things we need to know or do to support you?



Are there things that we haven't talked about that would help us support you? For example, are there things we need to know or do to support your health? Are there certain medicines you take? Are there certain physical things that you should or should not do? Are there certain things that we need to know or do to make sure you stay safe? Are there things we need to know about the food that you eat? Are there things that make you upset that we need to know about?



Other Things We Need to Know and Do?



# Listen to Me Communicate

This part of the workbook is designed to support people who do not use words to talk, or who have difficulty in communicating with words. This section is also useful for people who do use words to talk but are difficult to understand and as a way of recording how we communicate with people who have difficulty in understanding what we say.

The heading **what is happening** describes the circumstances that seem to affect what the person does. For example, it could be the place, the people around, or the activity that affect someone's behavior. The headings **and (person's name) does** describes what the person does in terms that are clear to a reader who has not seen it and would still recognize it. For people where it is something hard to describe (e.g., a facial expression), a picture or even a video recording may be preferred. The heading **we think it means** describes the meaning that people think is present. It is not uncommon for there to be more than one meaning for a single behavior. Where this is the case, all of the meanings should be listed. The heading **and we should** describes what those who provide support are to do in response to what the person is saying with their behavior. The responses under this heading give a careful reviewer a great deal of insight into how the person is perceived and supported.

**What is happening**

\_\_\_\_\_ does

**We think it means**

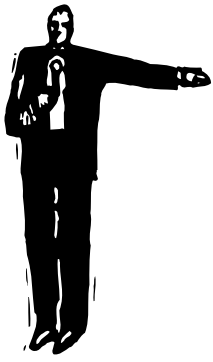
**And we should**

**What is happening**

\_\_\_\_\_ does

**We think it means**

**And we should**



# Other Notes



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