

Use Your IPP to Plan for Community Activities

Being involved in the community is an important part of everyone's life. Ask yourself the questions below. Your answers will help you decide what community activities are best for you. And you can plan for these activities at your IPP meeting.

About You

What things do you think are great about you? _____

What qualities do other people like about you? _____

What talents do you have that other people admire? _____

What do you like about other people or the things they do? _____

What places do you like to go? _____

What interests you most? _____

What kinds of activities do you like? _____

Do you like: a structured schedule, or a flexible schedule

Do you feel most active in the: morning afternoon night

Your Future

What are your hopes and dreams? _____

How would you like to spend your day in the future? _____

What do you want your social life to be like in the future? _____

How do you want to be a part of your community? _____

What do you want to learn how to do? _____

What do you want to learn more about? _____

Where would you like to go to learn these things? _____

Your Community

What groups do you belong to in your community? _____

What other groups would you like to join? _____

Where do you go regularly in your community (at least once a month)? _____

Where else would you like to go regularly in your community? _____

Where do you go in your community that people know you by name? _____

Where would you like people to know you by name? _____

Do you go to church or other spiritual meetings? (*Which ones?*) _____

If not, would you like to go to church or other spiritual meetings? (*Which ones?*) _____

What cultural or community events do you go to? _____

What community or cultural events would you like to go to? _____

Activities With Your Child

Describe any activities you do with your child now: _____

Describe activities you would like to do with your child: _____

Do you need help finding activities you can do with your child? Yes No

Work

What kind of work do you like? _____

What kind of work do you NOT like? _____

Do you like to work outdoors? Yes No

Would you like to work with other people around?
No Yes

Are you interested in a certain kind of job or business?
No Yes

What kind of job or business? _____

Do you want to do volunteer work?
No Yes

What kind of volunteer work? _____

Would you like to work as an artist, musician, dancer, or actor? Yes
No

Arts and Crafts

Do you like to do arts or crafts for fun?
No Yes

Crafts (*describe*): _____

Music (*describe*): _____

Dance (*describe*): _____

Act in plays (*describe*): _____

Go to movies (*describe*): _____

Other (*describe*): _____

Sports

What sports or games do you like to watch? _____

What sports or games do you like to play or
want to learn how to play? _____

What sports or games do you NOT like? _____

Friends and Relationships

Do you have friends? Yes No

Supplement K

Would you like to have more friends?

Yes No

Do you like social activities?

Yes No

What kinds of social activities do you like most? _____

Are there social activities that you do NOT like? _____

Do you have a girlfriend/boyfriend?

Yes No

Do you see him or her as much as you would like?

Yes No

Do you want to learn about having a romantic relationship? Yes No

Would you like to meet others and have a boyfriend/girlfriend? Yes No