

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? Yes No

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

What kind of job or business?

Do you want to do volunteer work? Yes No

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? Yes No

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

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