

Documenting Person-Centered Thinking & Planning

Sample Form Using Example of Military Teen



MILITARY CAREGIVING
Military Families Learning Network

Things That Are Important TO Me

- My friends
- Watching movies
- Drawing in my sketchbook
- Going out to eat with my family
- Listening to dance music
- Getting a job at a zoo/pet facility in the future
- Walking my dog
- Avoiding arguments



Hi my name is TJ!

Things That Are Important FOR Me (Health & Safety)

- Taking my medicines
- Going to my doctor's appointments
- Getting at least 8 hours of sleep
- Eating lots of vegetables and fruits
- Getting 20 minutes of exercise a day

Environmental Considerations

- Avoiding dust
- Doing homework in a well-lit area
- Hand rails when going up and down

How You Can Support Me

- When I am irritable, I am probably hungry
- Help me find job training
- Help me find volunteer opportunities
- Go shopping with me
- Help me plan for meals
- Remind me to exercise
- Let me know what to expect in new places and with new people

Anything Else You Need to Know...

- Spring is my favorite season
- I get tired easily when I am in crowded places
- I do not like to fly on airplanes
- I am afraid in crowded/dark/noisy places
- I like making new friends
- I like to do things independently once I have guidance

What You Love About Me

- Determined to finish anything you start.
- Very loyal to your family and friends.
- You always ask about how I'm doing and how I'm feeling.
- Very helpful! You ask what you can do to help.
- You ask lots of questions when you don't understand something.

Documenting Person-Centered Thinking & Planning

Form for Providers & Families to Complete



MILITARY CAREGIVING
Military Families Learning Network

Things That Are Important TO Me

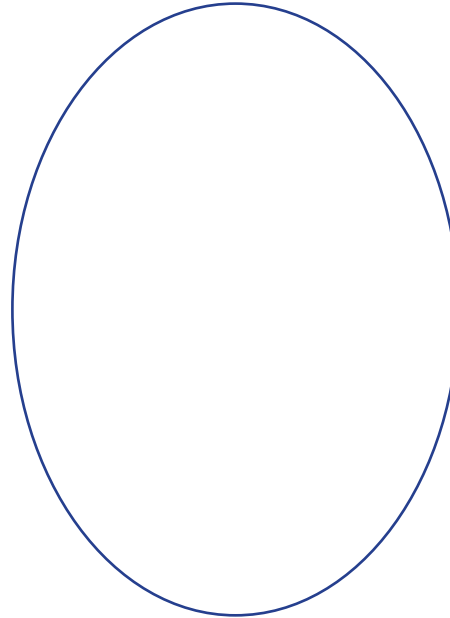
Things That Are Important FOR Me
(Health & Safety)

Environmental Considerations

How You Can Support Me

Anything Else You
Need to Know...

What You Love About Me



Hi my name is _____ !