

## About Me

MARCH 2015

### My Self

I like to be called Beth. I am 29 years old, live in my own condo with my support dog, Coco. I have 2 jobs. In the morning, I work at my local high school in the mailroom. In the afternoons I work for the park district in the after school program.



### My Dreams

I dream about going to London with my friend, Tia.  
I want to exercise more and lose some weight.  
I want to learn easy ways to cook and stay healthy.

### IN MY PLAN:

Pg. 2  
Important People  
Important Activities  
My Supports

Pg. 3 - Goals  
Exercise  
Healthy Eating  
Strong Relationships

Pg. 4 - Goals  
Meaningful Work  
Having Fun

**"I want to be as  
INDEPENDENT  
as possible."**

### My World

I live a mile from my parent's house and can walk there. My sister, brother-in-law, nieces and nephew live in San Sebastian, Spain. I visit them every year. I can Face Time them every week. My boyfriend's name is Chris.

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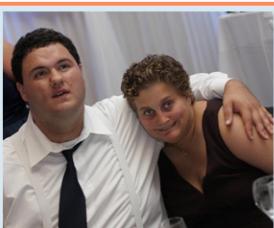
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## IMPORTANT PEOPLE

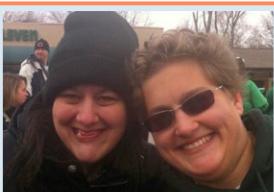


### MY FAMILY

Coco & me  
Brother-in-Law, Imanol  
Sister, Morgan  
Mom & Nephew John  
Dad & Niece Anne  
Niece Sophie



My Boyfriend, Chris



My Buddy, Tia



My Long-Time Friends, Linda & Mike G.



My Pal, Linda H.  
& My Uncle Larry



My Former Roommate,  
Suzanne



Having  
my own  
bedroom



Relaxing  
with  
games  
on my  
phone

## IMPORTANT ACTIVITIES



Having  
enough  
money



Going out with friends

## MY SUPPORTS



My support worker helps me plan my goals and then stay on track with them.



My parents help me a lot, like my Dad helping me with money.

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Sample Plan  
Provided By:



The Council on  
Quality and Leadership

## My Goal #1- Regular Exercise



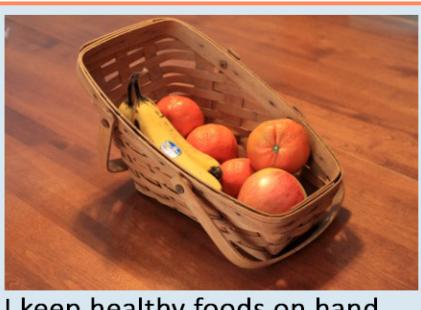
I check my own blood pressure



I like to walk to work when I can.



## My Goal #2- Healthy Eating & Cooking

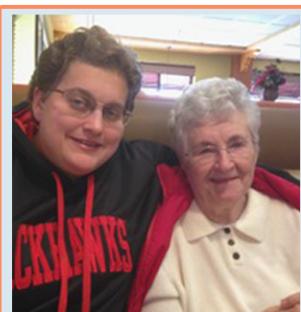


I keep healthy foods on hand, like milk, fruit, eggs and yogurt

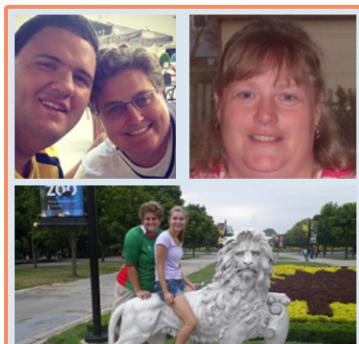


My family or support worker assist me in creating shopping lists and recipes with pictures. This helps me shop and cook on my own.

## My Goal #3- Maintain Strong Relationships



My relationships with friends and family are very important to me.



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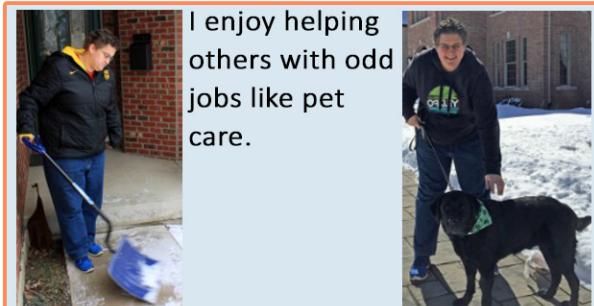
## My Goal #4- Meaningful Work



My morning job in the York mailroom can be heavy, but fun with my co-worker, Tanya.



In the afternoons I work in the Park District after school program



I enjoy helping others with odd jobs like pet care.

**“I love achieving my goals and taking the next steps in my life’s journey.”**

If I Had A 5th Goal, It Would Be ‘Having Fun!’



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