

TD's Tips!

Authentic Person and Family Centered Planning



What can I do?

1. Create a list of 5-10 things that interest you. For example, types of books or TV shows, hobbies, classes, extracurricular activities, or other things.
2. Ask a trusted caregiver what their hopes and dreams are for you in the future.
3. Think about your own hopes and dreams for your future. How do their hopes and dreams for you match up with your own hopes and dreams?
4. Bring a list of your interests to your teacher or transition team and ask them to help you brainstorm options for future careers, education, and hobbies that match your interests.

Pro Tip!

If you feel stuck, have trusted family members start to make a vision board with things that are important to them. As they create, put a checkmark next to the values that are important to you, too, and then add your own interests and values to the board.

How about an ultimate challenge?

Bring your lists or vision board to your next IEP meeting and explain what your interests and values are, including those of your family. Then work with your team to make sure to include these in your IEP goals to help set the path for a future centered around you!

