

**Listen, Learn, Plan**  
**A Guide for**  
**Developing Preliminary**  
**Essential Lifestyle Plans**

**Conversation with the Person**  
**with Whom You are Planning**

**Developed by**  
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### A Note

This guide was developed for use by facilitators for their work in developing preliminary plans. Those who wish to reproduce it for other purposes should seek permission from Michael Smull or Allen, Shea & Associates.

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**M. Smull and Friends website <[www.allenshea.com/friends.html](http://www.allenshea.com/friends.html)>**

Originally developed by Michael Smull and Bill Allen

References:

**Developing First Plans**

by Michael Smull and Bill Allen

**Families Planning Together**

by Michael Smull and Bill Allen

**Listen to Me!**

by USARC/PACE and Allen, Shea & Associates in collaboration with Michael Smull, Steve Sweet, Claudia Bolton and Pam Lopez Greene

**Your Personal Passport**

by Allen, Shea & Associates

**Getting to Know You**

by Claudia Bolton and Bill Allen

**Reviewing Essential Lifestyle plans: Criteria for Best Plans**

by Michael W. Smull, Helen Sanderson, & Susan Burke Harrison

## Learning from the individual

The most important person to 'listen to' is the person with whom you are planning. The following material (from *Listen to Me* which is available on the website) will help you have a conversation that will begin to tell you what is important to someone. If the person does not use words to talk, you still need to spend time with him or her to so that you have some ideas about how they would answer these questions. Some people will want to fill this out on their own.

**Name of the person with whom you are planning:** \_\_\_\_\_

## **Listen, Learn, Plan**

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What are some great things about you?

What are some great things about you? What do you like about you? What are some things you're good at? proud of? What are some nice things that people say about you? What do people thank you for?

**Note:** This is sometimes hard for people to answer, so you might want to start by asking a friend or relative. These are important things to think about when you are figuring out the kinds of services and supports that someone needs and want.

### **Great Things About You**

What things do you like to do?



To help get started, ask:

What things do you like to do? at home? at work? at program? at college? for fun? around town? on vacation? What kind of music do you like? What kind of movies do you like? What kind of food do you like? Do you have any hobbies? Do you collect things? What are the things you don't like or don't like to do? Did you do something before that you liked to do (like a class or a job)?



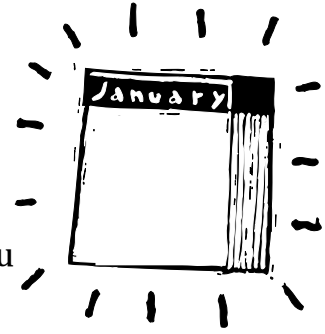
**Your List of Favorite Things . . .**

**Things You Don't Like or Don't Like to Do . . .**

## Listen, Learn, Plan

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### The week day



First, what does your Monday through Friday morning look like right now? What do you do when you first get up? What do you eat for breakfast? When do you leave for work? Next, what would be your best Monday through Friday morning? If you could be doing anything, what would it be? Finally, what would be your worst Monday through Friday morning? What kinds of things make you mad, sad, frustrated in the morning? What kinds of things bug when you first get up?

What does your Monday through Friday day look like right now? What do you do when you first get to work or program? What kinds of work or activities do you do now? Next, what would be your best Monday through Friday day? If you could be doing anything, what would it be? What kinds of activities make you happy? Who would you do it with? Finally, what would be your worst Monday through Friday day? What kinds of things make you mad, sad, frustrated during the day? What places (or people) would you like to stay away from?

Finally, what does your Monday through Friday night look like right now? What do you do when you first get home? What do you have for dinner? What kinds of activities do you do now? Next, what would be your best Monday through Friday night? If you could be doing anything, what would it be? What kinds of activities make you happy? Who would you do it with? Finally, what would be your worst Monday through Friday night? What kinds of things make you mad, sad, frustrated during the evening?



The Best Week Day Would Be

When you first get up



The Week Day Right Now

When you first get up



The Worst Week Day Would Be

When you first get up



The Best Week Day Would Be

During the day



The Week Day Right Now

During the day



The Worst Week Day Would Be

During the day



The Best Week Day Would Be

At night



At night

The Week Day Right Now



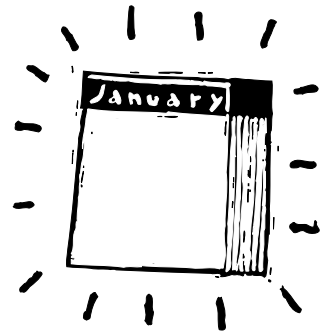
The Worst Week Day Would Be

At night

## Listen, Learn, Plan

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What is different about the weekend?



First, what does your Saturday and Sunday morning look like right now? Is there anything different about the weekend during the morning, in the afternoon, evening?

Next, what would be your best Saturday and Sunday? If you could be doing anything, what would it be?

Finally, what would be your worst Saturday and Sunday?



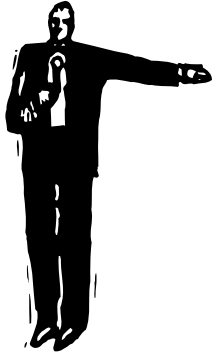
The Best Weekend Would Be



The Weekend Right Now



The Worst Weekend Would Be



## Listen to Me Communicate

This part of the workbook is to help people understand how you communicate with and without words. Are there special words or ways you act to let others know something. For example, if you laugh when you meet someone new, it may mean you are nervous or are just happy to meet the person.

The space titled **what is happening** tells people about the place, the people around, or the activity.. The space titled **I do this** describes what you do. The space titled **It means** tells people what you mean by the words or actions. The space titled **You should** what to do to support you.

**The following page has a sample to help you get started.**

What is happening	I do this	It means	You should
I am quiet	I sit with my hands covering my face	Something has happened to upset me	Sit down with me and ask me what's wrong. Encourage me to talk about feelings. Give me time to talk.
I am quiet	I lie down or go to be alone	I do not feel well (I am ill or have a headache)	Ask me what's wrong. I may need encouragement to talk. If I am not well, give me the option to go home for Tylenol and come back or stay home.



It's easiest to start with **I do**, then move on to **It means** and then outward to **what is happening** and you should.

<b>What is happening</b>	<b>I do this</b>	<b>It means</b>	<b>You should</b>

<b>What is happening</b>	<b>I do this</b>	<b>It means</b>	<b>You should</b>

**Hopes and Dreams for the Future**

What are your hopes and dreams? What would be your best future? For example:

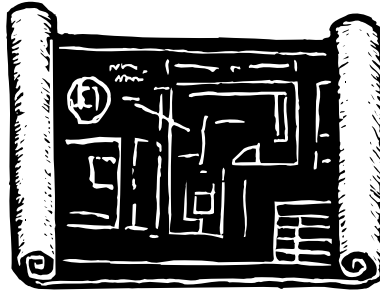
Where would you live? with whom?

What do you do during the day?

What would you do for fun?

Remember, there are no right or wrong answers! Just take a few minutes and think about what could be and don't worry about things that might get in the way.

**Hopes and Dreams for the Future are . . .**



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