

Your IPP Meeting Planner

You can use this worksheet to get ready for your IPP meeting. It will help you think about the services you have now, and the things you want to do. It can help you decide what services to ask for from the Regional Center.

Home

Where do you live now?

- My own place
 - My own place with roommates
 - My parents' place
 - A group home
 - A large care facility
 - Other: _____
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Where do you want to live?

- Stay where I am
 - My own place
 - My own place with roommates
 - My parents' place
 - A group home
 - A large care facility
 - Other: _____
-

What services do you need to help you live where you want?

- More training
 - An attendant
 - Someone to give me regular support and help
 - More money
 - Help finding a place to live
 - Other: _____
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Work

Where do you work now?

- In the community without extra help
- In the community with a trainer or aide
- In a workshop or center
- I go to school
- I don't work or go to school
- Other: _____

Where do you want to work?

- In the community
- In a workshop or center
- I want to go to school
- I don't want to work
- Other: _____

What services do you need to help you work?

- A trainer or aide at my job
- Training workshop
- Other training
- More education
- Access at work, like ramps, etc.
- Transportation to work
- Other: _____

**Medical
Care**

What type of medical care do you need?

- Doctor services
- Dentist services
- Counseling
- Other: _____

Support

What things do you think you need help with?

- Cooking for myself
- Shopping for things I need
- Personal care (for example, IHSS)
- Cleaning my place
- Managing my money
- Getting medical care
- Medi-Cal
- Meeting people/making friends
- Riding the bus or other transportation
- Learning about personal relationships
- Learning about sexual relationships and safe sex
- Self advocacy and knowing my legal rights
- Problems with Social Security, SSI, or other money assistance programs
- Other: _____

What other services do you need to do these things?

- Training (*what kind*): _____
- An attendant
- A chore worker
- A person who can answer my questions
- Help setting up a circle of friends
- An advocate or lawyer
- A service coordinator to help me plan for and get services I need
- Assistive technology
- Other: _____

Fun!**What do you do for fun or with your free time?**

- Visit friends
- Shop
- Go to movies or plays
- Play sports
- Hobby
- Watch TV
- Read
- Take classes
- Volunteer work
- Listen to music
- Dating
- Other: _____

What new things would you like to do?

- Visit friends
- Shop
- Go to movies or plays
- Play sports
- Hobby
- Watch TV
- Read
- Take classes
- Volunteer work
- Listen to music
- Dating
- Other: _____

What services do you need to help you do these new things?

- Training
- Attendant
- Facilitator
- Transportation
- Set up a circle of friends
- Other: _____