MY DIRECT SUPPORT PLAN



Name:	
Date:	



My favorite things to do are:

Favorite Things	How Often Do I Want To Do This?	I Do Not Need Support	I Need Support

Things I need to get done: (This could be banking, bill payments, homework, daily chores, personal care, shopping, medical appointments, hair cut etc.)

How Often Do I Need To Do This?	I Do Not Need Support	I Need Support

What am I really good at? What are my best qualities?

What I Am Really Good At/My Best Qualities

I asked the people who know me best "what do you think I am really good at and what are my best qualities". They said:

What	I Am Really Good At/My Best Qualities	Who :	Said This?
	: are things I would like to try to do	that I	haven't tried before? Things
	are things I would like to try to do to people do that I would like to try.	that I	haven't tried before? Things
		that I	Join a group
othe	people do that I would like to try.		Join a group Go to a concert/play
othe	people do that I would like to try. Exercise		Join a group
othe	Exercise Lift weights		Join a group Go to a concert/play
other	Exercise Lift weights Do yoga, tai chi or Pilates		Join a group Go to a concert/play Take a cooking class/cook a meal
other	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant
other	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event Jog Ride a bike		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant Do a puzzle
other	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event Jog Ride a bike		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant Do a puzzle Read a book / magazine /
other	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event Jog Ride a bike Swim Hike		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant Do a puzzle Read a book / magazine / newspaper Get a massage
	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event Jog Ride a bike Swim Hike Play a sport		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant Do a puzzle Read a book / magazine / newspaper
	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event Jog Ride a bike Swim Hike Play a sport Plan a trip		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant Do a puzzle Read a book / magazine / newspaper Get a massage Go camping Go to a recreational camp
	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event Jog Ride a bike Swim Hike Play a sport Plan a trip Go to the spa		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant Do a puzzle Read a book / magazine / newspaper Get a massage Go camping
	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event Jog Ride a bike Swim Hike Play a sport Plan a trip Go to the spa Go to the library		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant Do a puzzle Read a book / magazine / newspaper Get a massage Go camping Go to a recreational camp Draw/Paint a picture Crafts
	Exercise Lift weights Do yoga, tai chi or Pilates Attend a sporting event Jog Ride a bike Swim Hike Play a sport Plan a trip Go to the spa		Join a group Go to a concert/play Take a cooking class/cook a meal Go to a restaurant Do a puzzle Read a book / magazine / newspaper Get a massage Go camping Go to a recreational camp Draw/Paint a picture

□ Pray or mediate

□ Go Tobogganing

Ski	Other Ideas:
Go on a boat	
Go on a snowmobile	•
Volunteer	•
Get a Job	•
Do Crafts	•
Learn to Knit	•
	•

How do I plan to do these new things?

New Activity To Try	Where Is It Offered?	How Much Does It Cost?	Do I Need Support? Yes/No

My Weekly Plan:

Day Of The Week	Activities	Do I Need Support? Yes/No	If I Need Support, Who Will Provide The Support?	Cost
SUNDAY	•			
MONDAY	• • • •			
TUESDAY	•			
WEDNESDAY	•			
THURSDAY	•			
FRIDAY	•			
SATURDAY	•			