

MY DIRECT SUPPORT PLAN



Name: _____

Date: _____

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?

What are things I would like to try to do that I haven't tried before? Things other people do that I would like to try.

- 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
- Go to a café
- Visit a museum or art gallery
- Go to the mall
- Pray or mediate
- 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
- Take a computer class
- Play a video game
- Skate
- Go Tobogganing

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	• • • • •			