
This is ME



This is ME is a resource designed to assist support professionals to get to know you better.

This is ME ensures person-centered support, opportunities for growth, and appreciating your uniqueness.

This is ME



WHAT PEOPLE APPRECIATE ABOUT ME (strengths and gifts)

WHAT IS IMPORTANT TO ME (likes and interests)

WHO IS IMPORTANT TO ME (family, friends, community members)

This is ME

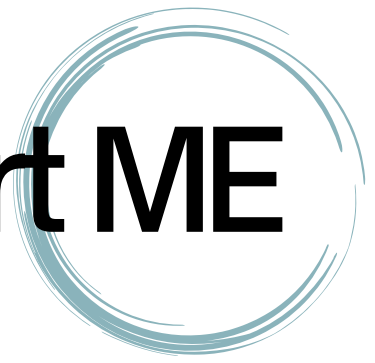


PLACES THAT ARE IMPORTANT TO ME (holiday spots, community)

EVENTS THAT ARE IMPORTANT TO ME (time of year, celebrations)

IMPORTANT MEMORIES (experiences that have shaped me)

How to Support ME



WHAT WORKS FOR ME (likes, successful support strategies)

WHAT DOESN'T WORK FOR ME (dislikes, challenges)

WHAT I AM WORKING ON (personal development goals)

How to Support ME



HOW I COMMUNICATE (language, devices, I mean __ when I say __)

MY HEALTH AND WELLNESS (emotional, physical, spiritual)

MY SAFETY AND SECURITY (personal, home, community)

This is ME

Options 
Services

a program of

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