

# MG&A

## Topics for Discover Yourself

### 1. Who are you?

- a. Where do you live?
- b. Who do you live with?
- c. Who do you spend the most time with?
- d. Who do you consider your closest friends?
- e. Where in your town is your home?
- f. Describe your home/bedroom.
- g. What parts of your community do you spend the most time in?
- h. Where do you shop for groceries?
- i. Where do you shop for clothes?
- j. Where do you shop for household items?
- k. Where do you shop for convenience items?
- l. Do you have an organization/club/church that you are a member of?
- m. If so, how often do you meet/attend?
- n. If so, who are the people you associate with?
- o. Is your home close to or far away from most of your activities?
- p. Where do you go to school?
- q. Where do the people you live with work?
- r. How do you earn spending money?

### 2. How do you spend your time?

- a. What are your weekday routines? (list variations, as appropriate for specific days)
- b. What is your Saturday routine?
- c. What is your Sunday routine?
- d. What is the best part of your day/week?
- e. What is the toughest/most challenging part of your day/week?
- f. How do you wake up in the morning?
- g. How do you decide what to wear each day?
- h. When are you the most engaged/interested during the day/week?
- i. When are you the most bored during the day/week?
- j. List daily tasks that you need assistance doing.
  - waking up
  - bathing
  - dressing
  - preparing breakfast/lunch/dinner
  - planning for the day
- k. What are the most important times of your day week? (church, clubs, school)
- l. What friends or relatives do you see on a regular basis?

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### 3. Your Personal History

#### You & Home

- a. How long have you lived at your current home?
- b. Where did you live before that and for how long?
- c. What are the important events of your life?
- d. Who were the most important adults in your life? (other than parents)

#### School

- a. What other schools have you attended?
- b. Did you graduate from high school?
- c. How many years of school did you attend/have you attended so far?
- d. Who were your favorite teachers?

#### Employment

- a. What have you done to earn spending money when young?
- b. What short term jobs have you done?
- c. What regular jobs have you held?
- d. What have been your favorite employment experiences? (describe)
- e. Do you have a service that you charge others for? (pet sitting, lawn mowing, etc.)
- f. What tasks did you perform at work?
- g. What work skills do you have that might be offered to potential employers?

### 4. What are your Responsibilities?

- a. What household/home tasks do you do without being asked? (When?)
- b. What household/home tasks do you do as an expectation of your family? (When?)
- c. What household/home tasks would you like to do, if possible?
- d. What are your most important responsibilities? Why & When?
- e. What tasks/activities do you do to support others, outside your home? (When?)
- f. What household/home tasks are you expected to do that you do not do?
- g. What are your most/least enjoyable tasks that you are expected to do?

### 5. How do you get around your community? (Transportation)

- a. How do you get around the community?
- b. Does a bus come within 5 blocks of your home?
- c. Who in your family has a car?
- d. When is the car(s) at home?
- e. Do you ride a bicycle outside your neighborhood?
- f. Do you have friends or relatives who provide you with rides?

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- 6. What are your informal and organized activities?**
- a.* What activities do you do when alone? (TV, reading, computer, etc.)
  - b.* What activities do you do with your immediate family at home?
  - c.* What activities do you do by yourself in your neighborhood, outside your home?
  - d.* What activities do you do with others in your neighborhood, outside your home?
  - e.* What activities do you do in your community by yourself?
  - f.* What activities do you do in your community with others?
  - g.* Sensory skills: (examples: describe your tasks/abilities associated with sensing your environment such as matching socks, smelling a fire burning, seeing a car approaching etc.)
  - h.* Communication skills: (examples: describe tasks you can do such as talking to others on the telephone, placing an order for pizza, letting someone know that you are ill, explaining how to start a lawn mower, giving someone a compliment, etc.)
  - i.* Social interaction skills: (examples: describe tasks you can do such as participating in a group conversation, helping others perform a task, planning a social event, talking a friend into going to a movie, letting someone else have their way, etc.)
  - j.* Physical/health related skills and information: (examples: describe tasks you can do such as taking your temperature, taking the correct dosage of aspirin for a headache, letting someone know when you are ill, making an appointment with a dentist/doctor, relate to a nurse your medical history, etc.)
  - k.* Vocational skills: (examples: describe tasks that you can do that might be seen as a contribution by potential employers such as making copies on a copy machine, backing up a hard drive to a cd, telling someone the features of a product, cross-cutting 2 x 4's on a miter saw, etc.)
- 7. What are your skills for living and working? (List tasks that you can currently do in these areas.)**
- a.* What are your domestic skills? (examples: describe tasks you can do associated with cleaning, cooking, maintenance, lawn care, sewing/knitting, etc.)
  - b.* What are your community functioning skills? (examples: describe tasks you can do associated with shopping, travel, negotiating, asking for assistance, directions, traffic and safety, etc.)
  - c.* What are your recreation/leisure skills? (examples: describe tasks you can do associated with organized games and sports, arts/crafts, individual games and personal activities, hobbies, etc.)
  - d.* What are your best academic skills --Reading, Math, Time, Money? (Examples: describe tasks you can do associated with the application of academic skills in life such as setting and using an alarm clock, setting and using a wristwatch, paying and receiving change from a sales interaction, reading a menu, being on time for meetings, etc.)
  - e.* What are your strengths/skills in motor/mobility skills? (examples: describe tasks you can do associated with movement and mobility such as riding a bicycle, jogging

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- around the block, walking around the mall, shooting targets at an archery range, etc.)
- f.* What are your sensory skills? (examples: describe your tasks/abilities associated with sensing your environment such as matching socks, smelling a fire burning, seeing a car approaching etc.)
  - g.* What are your communication skills? (examples: describe tasks you can do such as talking to others on the telephone, placing an order for pizza, letting someone know that you are ill, explaining how to start a lawn mower, giving someone a compliment, etc.)
  - h.* What are your social interaction skills? (examples: describe tasks you can do such as participating in a group conversation, helping others perform a task, planning a social event, talking a friend into going to a movie, letting someone else have their way, etc.)
  - i.* What are your physical/health related skills and information? (examples: describe tasks you can do such as taking your temperature, taking the correct dosage of aspirin for a headache, letting someone know when you are ill, making an appointment with a dentist/doctor, relate to a nurse your medical history, etc.)
  - j.* What are your strongest vocational skills? (examples: describe tasks that you can do that might be seen as a contribution by potential employers such as making copies on a copy machine, backing up a hard drive to a cd, telling someone the features of a product, cross-cutting 2 x 4's on a miter saw, etc.)

### **8. Who do you know? (Connections, Associations, Relationships)**

- a.* If in school, who are your teachers, assistants, principals and other staff that you see frequently?
- b.* If in a One-Stop center, who is your assigned employment services counselor, VR counselor, receptionist and other staff you see frequently?
- c.* Who are neighbors that you or your family knows well?
- d.* What businesses do you or your family frequent in your community for groceries, clothing, auto repair, home services and other purchases?
- e.* Who is the owner or contact person at each of these businesses?
- f.* Do you have any family members who own businesses or who are involved in politics, government services or other public positions?
- g.* Are there friends of the family who own local businesses or who are involved in politics, government services or other public positions?
- h.* Do you have a mentor or important person in your life who might know others?

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- 9. What are your interests and hobbies?**
- a.* What life activities do you do most often?
  - b.* What life activities do you have the most information about?
  - c.* What life activities do you have the most skills in?
  - d.* What life activities do you do with others, outside your family?
  - e.* What life activities do you plan your schedule around?
  - f.* When asked “What is your favorite activity, hobby or interest area?” what is your response?
  - g.* What skills not listed in #7 do you have regarding hobbies and interest areas?
- 10. What activities require ongoing support, personal assistance, adaptations and additional training in order for you to participate?**
- a.* What life activities do you need personal assistance to perform?
  - b.* What life activities would be improved/made possible for you to perform with an adaptation?