PERSON CENTERED SERVICES

Know Your Rights:

Pursuing A New "You" in the New Year

The New Year is a good time to think about last year and what you want to do next year. Many people use this time to make changes and try to do better.

You have the right to have goals that help you become the person you want to be!

One way to do this is to is to review your desired outcomes in different areas of your life.

Here are some questions to help:

- Where do I want to live and who do I want to live with?
- What kind of job or volunteer work do I want?
- What friends and family do I want to have?
- Do I feel as healthy as I want?
- What fun things do I want to do?

After you answer these questions, look at your goals again. Make sure your goals are helping you get what you want. You can change your goals anytime.

You also have two life plan reviews each year to help you check and change your goals if you want.

Keep the conversation open with your Care Coordinator and let them know what you are interested in, how you are doing, what you might be afraid of or nervous about, and what support you may need.

Find more info and resources related to community participation at personcenteredservices.com/community.