



Tool for Developing a Vision - Individual

Forming a vision and beginning to plan for the future in each of the life domains helps plot a trajectory for a full, inclusive, quality life in the community. This tool is to help individuals with disabilities of all ages start to think about a vision for how they want to live their life as an adult.

LIFE DOMAIN	My Vision for My Future	rank	Current Situation/Things to Work On	rank
 Daily Life & Employment	What do I think I will do/want to do during the day in my adult life? What kind of job/career do I think I might like?			
 Community Living	Where would I like to live in my adult life? Will I live alone or with someone else?			
 Social & Spirituality	How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?			
 Healthy Living	How will I live a healthy lifestyle and manage health care supports in my adult life?			
 Safety & Security	How will I stay safe from financial, emotional, physical or sexual harm in my adult life?			
 Citizenship & Advocacy	In my adult life, what kind of valued roles and responsibilities do/will I have, and how do/will I make sure I have control of how my own life is lived?			
 Supports for Family	How will my family still be involved and engaged in my adult life?			
 Services & Supports	What types of support will I need to live as independently as possible in my adult life, and where will my supports come from?			