

A Day in the Life of Jason and Nicholas



Meet Jason Hotte

He has been with
CDBA Ontario since
2003



I.A.M Jason Hotte

Appreciations

- Patience
- Clear communication
- Flexible and adaptable
- Handshakes
- Space and independence

How Best to Support Me

- Learn my language
- Proper sighted guide technique
- Give me choices
- Give me space to reflect



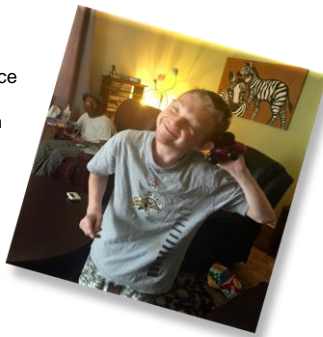
What Makes me Happy

- Visiting family – cottage
- Fishing
- Movies
- Historical deceased people
- The Simpsons
- Numbers on computer
- Friends
- Pudding
- Animals
- My calendar
- History



Meet Nicholas Fice

He has been with
CDBA Ontario
since 2016



I.A.M Nicholas Fice

Appreciations

- Physical contact when he initiates it
- Repeating information and signing slowly
- Positive feedback and attention
- Patience

How Best to Support Me

- Give me time to process information
- Communication in adapted ASL
- Positive reinforcement
- Approach me with a relaxed energy
- Use clear and precise communication
- Assist me in making independent choices: Do with me, not for me

What Makes me Happy

- Dogs
- Going for walks outside
- Spinning
- Playing musical instruments
- Vibrating handheld toys
- Attention
- Socks
- Visiting my family
- Colouring





CDBA Ontario's Apartment Complex



What

- It's About Me profile – snapshot of the individual
- Art of My Life – a visual/tactile representation of what's important to that person
- Individual goals – based on a person's needs, wants and dreams
- Everyday Life – incorporating goals into daily life



Why

- Improved quality of life
- Independence
- Empowerment & excitement
- Sense of achievement
- Enhanced community involvement

When

- Process begins with intake
- Goals reviewed every 3 months at minimum
- It's About Me reviewed annually

How

- Development of plan led by individual, families and Intervenor Services Coordinator

Who

- Individual who is deafblind
- Family
- Friends
- Intervenor services team
- Significant others

It's My Life Planning Process

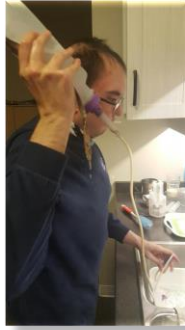
Jason's SMART Goal

What is your goal in one sentence?

- Jason will clean his food bag independently after his last meal of the day.

The benefits of achieving this goal will be...

- Improve daily living skills, increased responsibility and independence.

**Specific**

- What exactly will you accomplish?
- A clean food bag.

Measurable

- How will you (and others) know when you have reached your goal?
- When Jason cleans his food bag independently for a month.

Attainable

- Is attaining this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them?
- Yes.

Relevant

- Why is this goal important to you? Hone in on why it matters
- Health and independence.

Time-bound

- When will you achieve this goal?
- 3 months.

Nicholas' SMART Goal

What is your goal in one sentence?

- To complete a load of laundry

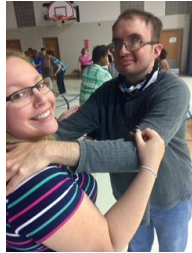
The benefits of achieving this goal will be...

- Promote independence and life skills



Specific
• What exactly will you accomplish? • A clean load of laundry.
Measurable
• How will you (and others) know when you have reached your goal? • When Nicholas is able to put a load of laundry into the washing machine.
Attainable
• Is attaining this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them? • This goal is attainable with consistency and commitment. We have the resources and materials to achieve this goal.
Relevant
• Why is this goal important to you? Hone in on why it matters • This goal is promoting independence and teaching Nicholas a life skill.
Time-bound
• When will you achieve this goal? • September 2018.

Jason taking money out of the bank during the day and Line
Dancing at night



Nicholas supply shopping during the day and Line Dancing
at night