

5. How will I live a healthy life?



We all want to feel healthy, and the choices we make can help us get there. Some of the most important things we can do are take care our mind and body, build healthy relationships, act responsibly, take charge of our health care, and stay active. In this section, you will learn about options and resources to help you feel as healthy as possible.





Healthy Living Trajectory Worksheet

Past life experiences

What experiences have you had in the past that support your vision for a healthy life?

Future life experiences

What current or future experiences do you need to support your vision for a healthy life?

Past life experiences

What past experiences have pushed you toward things you don't want?

Future life experiences

What experiences do you need to avoid because they push you toward things you don't want?



Healthy Living Trajectory Worksheet (*continued*)

What I want

What does living a healthy life look like?

What do I want to do to stay healthy?

What do I want to do for fun?

What I don't want



Start Worksheet Questions: Mapping My Healthy Living Resources

Technology

What technology can help me with school?

How can I use my smart phone or iPad to be more independent?

What apps can help me with my schedule and responsibilities?

How can I use social media to stay connected to my friends?

What technology can help me communicate?

Personal strengths and resources

Do I understand my disability and how it affects me?

Do I know how to talk about my disability or health care needs?

Do I know who to call when I need help?

Community resources

Do I have opportunities to do what people my age do for fun?

Where do I like to hang out in my community?

What recreational activities, groups, clubs or classes fit with my interests?

What places would I like to explore in my community?

How much money can I afford to spend on social and recreational activities?

Am I interested in participating in a faith-based community?

Do I have or want to have valued roles in my faith community?

Where would I like to work or volunteer?

Do I want to get involved in social justice activities or become politically engaged?



Start Worksheet Questions: Mapping My Healthy Living Resources (*continued*)

Personal strengths and resources

Do I know how to stay safe when I am out with friends or in new places?

Do I understand how my body is changing as I become an adult?

Has someone talked with me about reproductive health and birth control?

Am I learning what to do in an emergency or natural disaster?

Relationships

How will I stay connected with people who are important to me if they move away or go to college?

What opportunities do I have to make new friends?

How can I have a valued role in our community?

Do I have friends with and without disabilities?

What kinds of relationships do I have and want in my life?

Do I have someone to talk to when I'm feeling sad, lonely or stressed?

Do I understand who I should and should not let into my home and why?

Are you teaching me about dating, sex and healthy relationships?

Who is partnering with me in supported decision making?

Services I may be able to get

Are you helping me look for adult health care providers?

Am I eligible for Social Security and Medicaid services?

How will I access health insurance as an adult?

Are you helping me register to vote and understand the democratic process?



Star Worksheet: Mapping My Healthy Living Resources

Write your goal in the star. With the right support, anything is possible! List ideas that help make your goal possible in each category. See page 42 for questions and resources to get you started.

