

Derek's Trajectory for the Next Few Weeks

What actions and experiences will help Derek over the next few weeks?

Important To

Stay active by taking walks in the neighborhood, walking my dog, Jaxon
Riding my bike when the weather improves, walking to get the mail, playing my Wi Fit

Participate in any online meetings for the DD Council and other groups

To Stay Healthy
•Eat healthy
•Cook at home
•Wash my hands
•Stay home
•Drink water
•Get sleep

To Keep Connected
•Call, text, **skype** or email family, members, neighbors, co-workers, Friends and Stoneybrooke residents

Practice "stranger danger", Talk to my parents/family

Participate in my Monday Bible Study

Watch church online – Celebrate, Embrace, Pastor Salem, First Lutheran

Listen to music, watch movies, board games, video games

Stay informed by asking my parents, updates by the Mayor or Governor

Actions that might take him in the direction of what he doesn't want...
•Overload of information
•Being around people who are upset and stressed
•People don't give me a heads up when there is a change in my plan or my day

VISION for a GOOD LIFE

- Stay Healthy & feel safe
- Keep Active and fit
- Listen to Music
- Stay connected to my church
- Stay involved with my Bible Study Group
- Connect with family, friends, neighbors, co-workers, card group, coaches, Stoneybrook residents & staff
- Lose more weight
- Keep involved in my groups: DD Council, Toastmasters, Athlete Input Group for Special Olympics, Partners in Policymaking
- Stay busy
- Help others
- Be informed on what's happening at my work, the community and our state

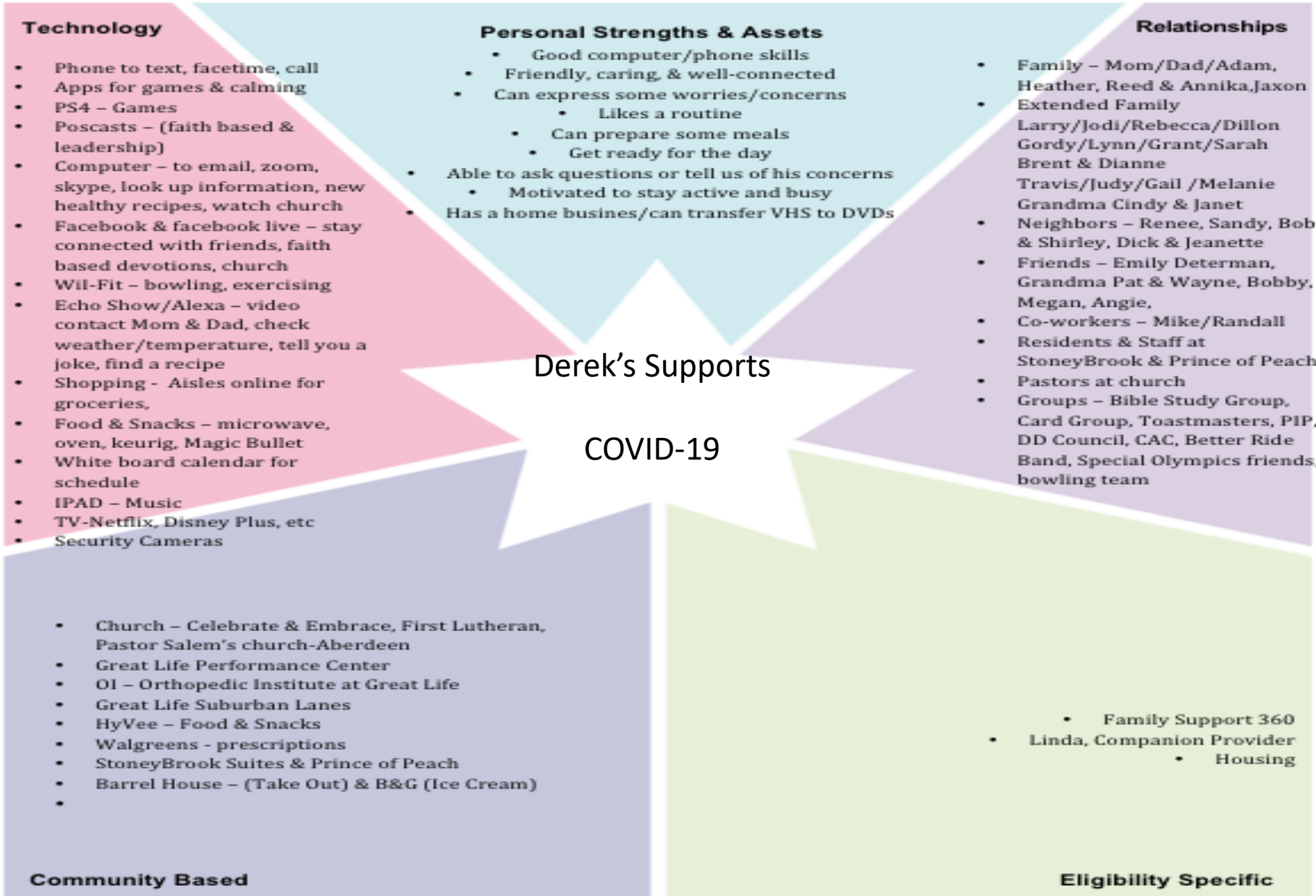
What I DON'T Want

- People to be late
- Change in my routine
- Drama
- Stress, anxiety, and/or depression
- To be around people who don't feel well

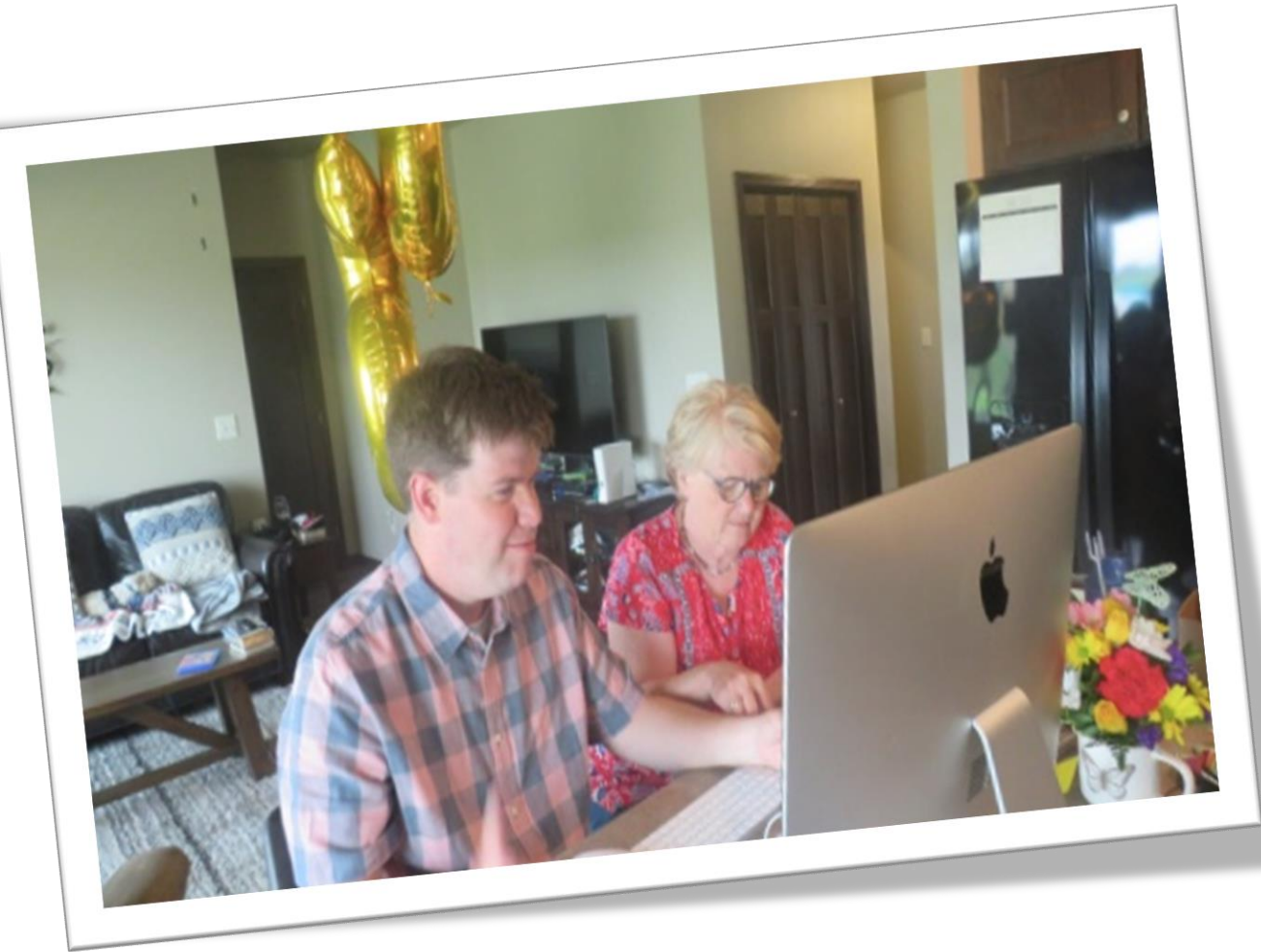


Integrated Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.



Mapping Derek's Supports and Resources



Derek Smith
And
Brenda Smith

Planning Through COVID-19 Using a Person-Centered Approach

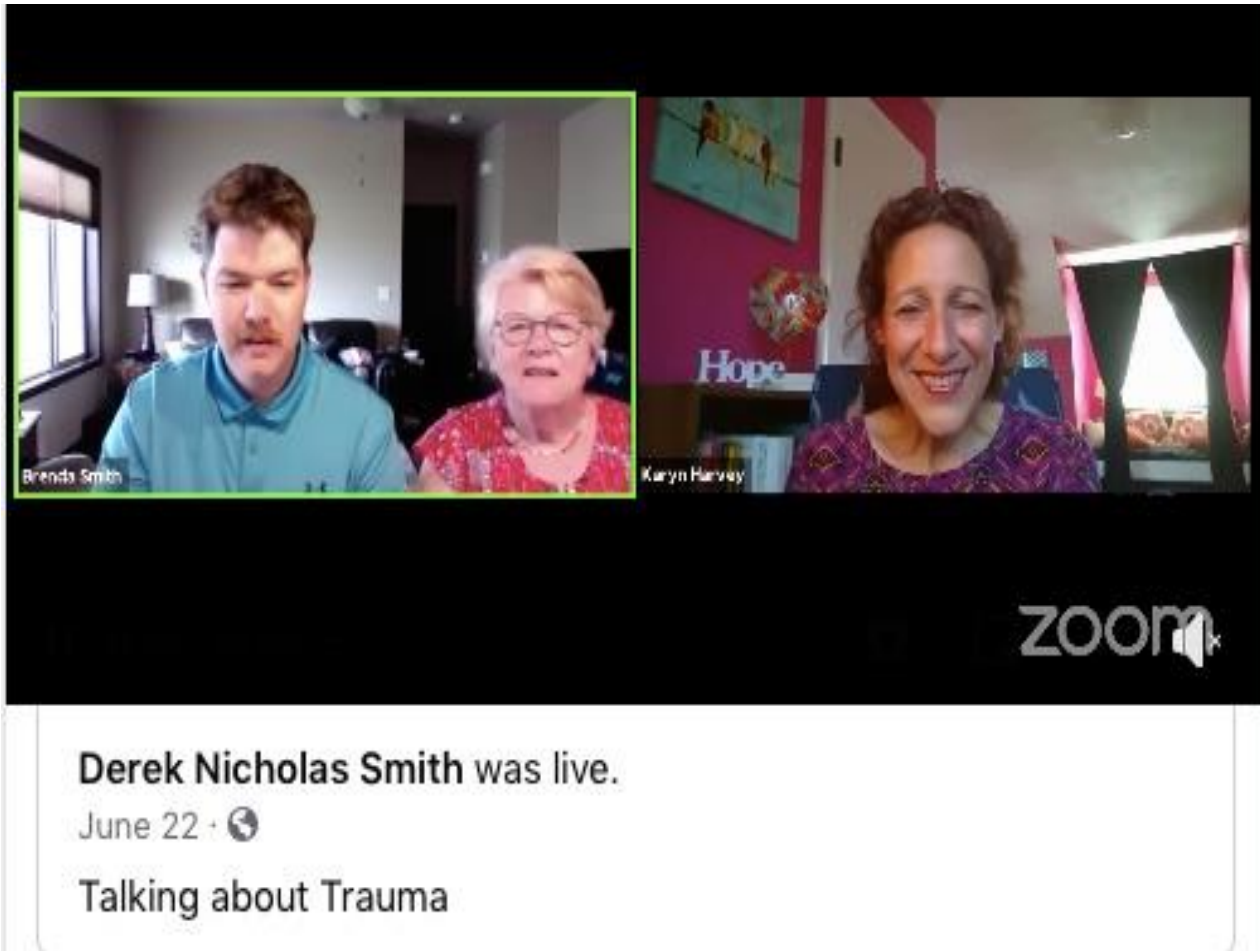
Webinar #1 – Derek’s Trajectory for
COVID-19 <https://youtu.be/IZ01oMGIBoQ>

+ Webinar #2 – Derek’s Integrated Supports
<https://youtu.be/5OeiA7njKm4>

Webinar #3 – Creating a New Routine.
<https://youtu.be/yrxc-oBls-k>

Webinar #4 – Derek’s One Page Profiles
for Medical and for Unfamiliar Caregiver
https://youtu.be/vB5_lph-Wko

Derek's Talks with Dr. Karyn Harvey



COVID-19: Coping & Getting Through It

#1 <https://youtu.be/YDeCTSQFmDg>

#2 <https://youtu.be/xQngv-c2Ywk>

#3 <https://youtu.be/C3HhNs-DXtl>

#4 <https://youtu.be/8s8QzPKmTVU>

Positive Identity

Development

#5

<https://youtu.be/AZlbuVFcMgw>

Grief and Loss

#6 <https://youtu.be/xgKwrE0JmXc>

Hope: <https://youtu.be/Q5dqTiHnBZY>

Loneliness: <https://youtu.be/YpmqUaqxtbl>