



Getting to Know You!

This document is used to begin collecting data during the first few weeks of getting to know a person. It is be used to start branching conversations; ask questions as appropriate for each person.

Hi. May I ask you some questions to help me get to know you a little bit better and help to see if we can support you in the ways you want/need?

- 1. Have you received supports in the past? What are some of things you've liked about them and/or the people who supported you? (Could include teachers, service providers, doctors, etc.)**
- 2. What didn't you like about or what didn't work for you from the supports you received in the past?**
- 3. When you think about your life, what makes you the most proud?**
- 4. What are you good at?**
- 5. What do you like to do?**
Work:
Spare Time:
Hobbies:
- 6. Do you like to do things by yourself?**
- 7. Are you a morning or a night person? Describe your typical day (daily routines):**
- 8. What are some responsibilities that you have?**
- 9. What does a good day look like for you?**
- 10. What does a bad day look like for you?**

11. **If you are having a bad day or having a problem, how do you like to be supported?**
12. **What area in your life would you like to change? Anything you are not happy with?**
13. **What would you like others to understand about you?**
14. **Who is the person in your life you are the closest to?**
15. **What are some things that you would like support or help with from other people (staff, support team)?**
16. **Describe your best friend:**
17. **Describe yourself as a friend:**
18. **Where do you see yourself in 2 years? 5 years?**

The following questions should be asked once determined Mains'1 is a good fit (i.e., not during a "meet and greet.")

Everyone has their own individual level of comfort, and different things affect us all differently. Some people get easily stressed or annoyed, and others don't react much. We are interested in learning about situations where you might get stressed or nervous and what things have helped you deal with these reactions.

19. Please tell us about a particular situation that stressed you out.

20. Please tell us how you react or what you do cope when you get very:

Fearful-

Angry-

Frustrated-

Confused-

Bored-

21. Is there anything else you would like to share with us about yourself?

22. Do you have any questions?

Based on information provided (and possible more conversation), you can now begin recording findings on the Person Centered Description forms.

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