

## Most Important to Rebecca:

### ***Being Socially Connected:***

- Spending time with family and loved ones
  - Wheel of fortune/ Jeopardy
  - Board games
  - Going out to eat
- Art Class at the JCC
- Special Olympics gymnastics (floor routine), likes to compete
- Facebook

### ***Spirituality:***

- Religious observance (Shabbat, kosher diet)
- Being at summer camp at the Ramah
- Spiritual aspects of camp makes me feel happy, connected, familiar, makes me feel confident

### ***Time to Relax:***

- Needs downtime
- Good weather
- Music; Watching the Sound of Music; singing
- Travel
- Religion
- Looking up recipes to cook with my family

# REBECCA



## Things We Like and Admire about Rebecca:

- Inspirational
- Confident with inner strength
- Outgoing and engaging socially
- Happy with who she is
- Positive outlook
- Religious enthusiasm
- Well rounded
- Thoughtful and selfless
- Smart, engaging and funny
- Brings people together

## Things others need to know and do to best support Rebecca:

- Routine/structure in my day
- Reassuring me that we will reschedule what I want to do if my schedule changes
- Let me explain why I'm upset, "talk it out"
- Keeping things as concrete as possible; be kind & straightforward
- I need to feel safe and independent, letting me practice navigating a new environment to support my visual needs
- Provide me with opportunities to teach others and share my knowledge (Let me know if I'm sharing too much!!)
- Explain rule changes
- Having a hierarchy of go to people when I need help
- Provide help with hygiene- flossing, brushing (teeth/hair), washing hair, etc.
- Pointing to something I need can be confusing to me, take me there the first time.

## **Rebecca's Best Possible Future:**

- Community
  - Active in my Synagogue
  - Volunteer at Lion's Gate
- Education
  - Classes at JCC
  - Take college courses with support
- Home
  - Live with parents
  - Apartment near my parents (maybe!)
- Transportation
  - Parents, brother, paratransit, Uber
- Work (*2 part-time jobs I enjoy*)
  - Torah tutor
  - Motivational speaker
  - Inside, not cold, not sitting
  - Social/ Jewish based environment
  - Not cooking
  - Activities/ Recreation job
- Relationships
  - Maintain and develop friendships
  - Learn about committed relationships and own family
  - Stay close to extended family

## **Recommendations/ Next Steps for Rebecca:**

- Continuing to advocate for myself in new situations and environments that I encounter
- Try the "wet" brush
- Strategies for helping with hygiene
  - Washing hair, flossing, brushing, styling hair
- Coordinating services with Commission for the Blind
- Learn how to access transportation in the community (Uber, paratransit)
- Explore post secondary career and education programs (Ms. Lattimer, guidance counselor)
- Explore and learn about supported housing options (SHA.org)
- Self care- Food prep, visual mobility, laundry, nutrition, hygiene, etc.
- Work on openness to new things
- Work on compromising