

# Planning For Your Child's Future

## LOOKING AT YOUR CHILD'S LIFE

Soon your Harbor Regional Center Counselor will meet with you and the important people in your child's life. This meeting is a chance for



you and your family and friends to sit down and think about where your child is now, where you want him or her to be in the future, and what support you might need to help your son or daughter get there. If you fill

out this form, or even if you just think about some of the questions it asks, you will be better prepared for your planning meeting.

**This is about your child.** Write his/her name in the space provided.

**Who is on your child's team?** (For example: Who are your friends?

Whom do you turn to for help when you need it? Whom do you want to invite to your child's planning meeting? Put their names in the space provided below.)

# Things About Your Child

1. What are some great things about your child? (For example: What do people like about him/her? What can he/she do well?)



2. What does your child like to do with family or friends, at home, or in the community?

3. What kinds of things does your family like to do together? How does your child participate in these activities?

4. What, if any, are the barriers to your child's participation with friends and family?

5. Who takes care of your child when you are not able to?

6. What does your child do after school?

7. What makes your child happy?

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8. What makes your child upset (mad or sad or frustrated)?

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9. Does your child have friends in the neighborhood? At school? Who is your child's favorite person to do things with? (You can name more than one person if you want to.)

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## Things About Your Child's Education

10. What is the best part of your child's educational program?

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11. What part of your child's educational program would you like to change (improve or focus on)?

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12. What would you like your child to learn?

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13. Would you like your HRC Counselor to observe your child in school?  Yes  No

Would you like your HRC Counselor to go with you to your child's next IEP?

Yes  No

14. What other things can Harbor Regional Center do to support you with your child's educational program? (For example, do you need information about special education rights? Would you like information about full inclusion? If classroom placement is an issue, do you need help to identify the best classroom placement for your child?)

## Things About Your Child's Health



15. How is your child's health? Does he/she have any health problems that concern you or your family?

16. Does your child have a doctor and, if so, when did your child last see him/her? What for?

17. Does your child take any medications? If so, what are they and what are the dosages?

18. Does your child have a dentist and, if so, when did your child last see him/her?

19. Do you need help finding a doctor or a dentist?  Yes  No

20. Do you have medical insurance for your child?  Yes  No

21. Does your child need any assistive technology?  Yes  No

22. How tall is your child and how much does he/she weigh? Do you think your child weighs too much or too little? Is your child on a special diet?

23. Would you be interested in having us arrange an overall health review for your child?  
 Yes  No  Maybe (I would like to hear more about this.)

## Things About Your Child's Future

24. What are your hopes and dreams for your child's future? (Think about what you want for your child in the next year? What about three or four years from now?)

25. What worries you most about your child's future?



26. What kinds of support will you need from your family, friends, neighbors, and others in the community to help your child reach his/her goals?

27. What kinds of support will you need from Harbor Regional Center to help your child reach his/her goals?

## Things About Information And Support For Your Family

28. Sometimes we connect parents to other parents who have children with special needs. Would you like to talk to another parent who has a child with special needs similar to your child's?  Yes  No

29. Some parents find it helpful to attend a parent support group. Would you like to know more about our parent support groups?  Yes  No

30. Harbor Regional Center has workshops and support groups for brothers and sisters of children with special needs. Would you like to know more about our sibling groups?  
 Yes  No

31. Harbor Regional Center has lots of training opportunities for parents. Would you like to know more about our training classes?  
 Yes  No



32. Do you need help accessing public benefit programs like California Children's Services (CCS) or Supplemental Security Income (SSI) or In-Home Support Services (IHSS) or Medi-Cal?  Yes  No

33. Would you like to get information about the licensed home resources that are available for children with special needs?  Yes  No

34. Do you have enough contact with your Harbor Regional Center Counselor?  
 Yes  No When you call your Harbor Regional Center Counselor, does he/she call you back in a reasonable time?  Yes  No Are you satisfied with your Harbor Regional Center Counselor?  Yes  No

35. Would you like for us to arrange for a special meeting with some or all of our experts (like a doctor, nurse, psychologist, speech therapist, occupational therapist, etc.) with whom you can discuss your child and his/her needs and their recommendations?

Yes  No  Maybe (I would like to hear more about this.)

## Other Things That Are Important To Your Family

36. You can use this space to write about any other things that you think are important for the people who help your child plan for his/her future to know.

