



Texas School for the Blind and Visually Impaired Outreach Programs

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Discovery: Planning future life activities that are purposeful, meaningful, and enjoyable.

Planning for (name): _____

Some people benefit from help in:

- organizing their current skills, interests, and preferred activities into a variety of contexts for meaningful life experiences;
- finding the opportunities and support needed to regularly enjoy these experiences;
- identifying conditions for and understanding the factors that lead to success.

Conditions for Success

1. What helps the person feel comfortable, safe, and secure?
2. What things help them understand the meaning and purpose of what they do?
3. What is calming and what produces anxiety?
4. How is information provided so the person best understands?
5. What makes a location comfortable for the person?

6. Who do they like to be with? Which qualities make a person “click” with the young person?
7. How does pace and stamina affect the person’s success?
8. Which adaptations and accommodations lead to success?

Discovery Activities

1. What are some activities this person currently enjoys or shows an interest in?
2. Are there other life activities these interests could lead toward?
 - a. How could these interests and preferences be used in a job?
 - b. How could these interests and preferences become a business?
 - c. How could these interests and preferences help others as a community service or in a place that needs volunteers?
 - d. How could these interests and preferences bring the person together socially with friends, family, neighbors, or others in the community?
 - e. In what new contexts could the person do these preferred activities recreationally for fun? What adaptations would help?

f. How could these interests and activities help the person manage his or her home?

g. How could these interests and activities help the person with personal care?

3. Next step: introduce and encourage the person to try some new activities for the first time while considering the conditions for success.

New interests and preferences are often discovered by having opportunities to try new things. What we have learned from past experiences can guide us to try some new activities that are likely to be successful. What are some new experiences and activities to try?