




the love-me manual

by three twenty one

| | |
|---|---------|
| | |
|  | updated |
| | |

individualized education plan

has an iep

iep recommended (if none)

current goals

physical therapy

communication

occupational therapy

independence

individualized education plan

has an iep

iep recommended (if none)

most recent meeting date

advisor
comments

next scheduled meeting

questions to ask

able account

has an able account

where is the account setup?

(institution)

(web link)

login information:

(user name)

(password)

in a password manager

advisor
comments

college planning

applicable?

if yes, details:

three
twenty
one

the
love-me
manual

the rolodex

for

contains important medical information,
contacts, schedules, and more

pass
port

the rolodex

medical 

primary care doctor

name

contact

specialist

name

contact

dentist

name

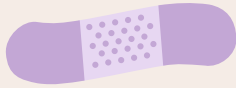
contact

orthopedic surgeon

name

contact

medical



the rolodex

physical therapist

name

contact

current therapy
schedule & location

occupational therapist

name

contact

current therapy
schedule & location

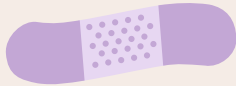
speech and feeding therapist

name

contact

current therapy
schedule & location

medical



the rolodex

state case worker

name

contact

note →

speech and feeding therapist

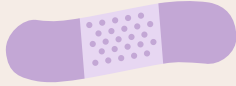
name

contact

current therapy
schedule & location

special notes or care instructions

medical



the rolodex

pharmacy information

pharmacy name

phone number

address

medications

drug name

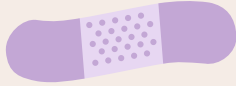
purpose

taken

refill
frequency

special notes or care instructions

medical



the
rolodex

medications

drug name

purpose

taken

refill
frequency

drug name

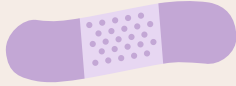
purpose

taken

refill
frequency

special notes or care instructions

medical



the rolodex

supplements taken

supplement

taken

where to
purchase

allergies

medications

foods

other?

special notes or care instructions

pets . . .

**the
rolodex**

pet name

caretaker

describe the relationship

feeding schedule

pet name

caretaker

describe the relationship

feeding schedule

special notes or care instructions

friends 

the
rolodex

friend name

phone number

where do they spend time together?

more info?

friend name

phone number

where do they spend time together?

more info?

special notes or care instructions

lifestyle

the rolodex

**6 adjectives to describe
their personality?**

foods they like to eat?

foods they don't like to eat?

food textures they don't like

dietary restrictions?

special notes or care instructions





lifestyle

the rolodex

favorite things

movies



| title | where to watch/stream? |
|-------|------------------------|
| | |
| | |
| | |
| | |

television



| | |
|--|--|
| | |
| | |
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| | |

music



| | |
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lifestyle

the rolodex

favorite things

snacks



snack

notes

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| | |

meals



meal

notes

| | |
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| | |

clothing/accessories



item

notes

| | |
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lifestyle

the rolodex

favorite things

activities/toys



activity or toy

notes

| | |
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| | |

places



place

notes

| | |
|--|--|
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hobbies or special interests



hobby

notes

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|--|--|
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lifestyle

the rolodex

dislikes



list here

notes

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other things to know?



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daily activities

the rolodex

**brushing
teeth**

needs help

**showering/
bathing**

needs help

**choosing
an outfit**

needs help



**putting on
a coat**

needs help

**using the
toilet**

needs help

**washing
face**

needs help

**getting
dressed**

needs help



daily activities

tying shoes  needs help

shaving  needs help

hairecare  needs help

the rolodex

 eyewear or
contacts needs help

makeup  needs help

getting
around needs help



daily activities

the rolodex

school (if applicable)



school name

phone number

address

teacher

notes

school schedule

| | | | | | |
|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

monday

tuesday

wednesday

thursday

friday

daily activities

the rolodex



work (if applicable)

employer name

phone number

address

manager

notes

typical work schedule

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

monday

tuesday

wednesday

thursday

friday

daily activities



the rolodex

getting to school/work needs help

leaving school/work needs help

making meals needs help

eating needs help

housework needs help

yardwork needs help

added comments

communication  the
rolodex

speech

sign language

nonverbal cues

typical authority
figure reaction?
(teachers, police, etc)

typical reaction to
changes in routine?

added
comments

spiritual 

the
rolodex

place of worship

service attended

address

added
comments

typical day

the rolo dex

what does a typical morning look like?



5:00am

6:00am

7:00am

8:00am

9:00am

10:00am

11:00am



typical day

the rolodex

what does a typical afternoon look like? 

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

typical day

the rolodex

what does a typical evening look like?



6:00pm

7:00pm

8:00pm

9:00pm

10:00pm

11:00pm



weekly planner

the rolodex

| | monday | tuesday | wednesday | thursday | friday |
|----------|--------|---------|-----------|----------|--------|
| time | | | | | |
| activity | | | | | |
| time | | | | | |
| activity | | | | | |
| time | | | | | |
| activity | | | | | |



additional needs

**the
rolodex**

physical

hearing

vision

memory

concentration



**added
comments**



independence

for ages 16-21+

the rolodex

financial tasks & responsibilities

social security income (ssi, ssdi)

\$

**average monthly
employment income**

\$

special needs trust

amount disbursed

when disbursed

trustee

bank or financial planner to contact



**added
comments**



independence

for ages 16-21+

the rolodex

financial tasks & responsibilities



estate planning

have a will

special needs trust

last updated

testamentary/existing

financial power of attorney

healthcare power of attorney

added comments

taxes

tax preparer

company

phone number

email address

keeper of past returns records

person who will file the trust tax returns



independence

for ages 16-21+

the rolodex

financial tasks & responsibilities

record keeping



Where can important documents (birth certificate, passport, estate planning documents, etc.) be found?

added comments

the rolodex

independence

for ages 16-21+

hopes & dreams



record keeping

What hopes and dreams do you have for their future?

What would you like done to help them achieve those hopes and dreams?

added comments

