



Building friendships and relationships, leisure activities, personal networks, and faith community

Things to talk about:

- Is your sibling building friendships by participating in extracurricular activities in the community such as clubs and social outlets?
- Does your sibling use social media safely and responsibly? (Facebook, Twitter, Instagram, Snapchat, etc.) To connect with and maintain contact with friends?
- Is your sibling learning about sex and intimacy, including safe sex and sexual boundaries?
- Is your sibling involved with a youth or adult group in your faith community?

For aging siblings:

- Does your sibling have end of life wishes pertaining to their faith?
- Which technology can your sibling use to help him or her keep in touch with friends and family?
- What opportunities does your sibling have to make/maintain friendships?
- Does your sibling have friends that are close to their age and share their interests?
- What hobbies or interests is your sibling pursuing in their spare time?
- Are your sibling's beliefs and spiritual wishes being considered and respected?
- Does your sibling need extra support to fully participate in their faith community as they are aging?

Leisure Time: What does your sibling like to do? List favorite activities, organizations, events, TV shows, favorite stores, etc. below.

My sibling:

Likes to have a fairly consistent routine Prefers to be flexible

Schedule: What does a typical week look like for your sibling?

	Early Morning	Mid-morning	Lunch	Mid-afternoon	Evening
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Resources

Washington Access Fund- Sports and Recreation Resources
washingtonaccessfund.org/sports-recreation-resources-for-people-with-disabilities-in-washington-state

Special Olympics Washington
specialolympicswashington.org

Outdoors for All- Outdoor Recreation for Individuals with Disabilities
outdoorsforall.org

Center for Parent Resources and Information- Nationwide Hub for Resources for Individuals with Disabilities
parentcenterhub.org/repository/foradults/#rec

Activities: What activities does your sibling currently do? Think of clubs/organizations, community activities like parks or libraries, therapies, activities with their faith community, and fun like concerts or sporting events.

Activity	Address	City, State & Zip	Phone Number	Contact	Method of Transportation

Friends: Who does your sibling spend time with?

Name	Phone Number	E-mail	Address	City, State & Zip

Support Professionals: Who are the key professionals in your sibling's life? This can include case managers, job coaches, or others you want to list here.

Name	Title	E-mail	Phone Number	Responsibilities