

MY OWN CHOICE



This book belongs to



My Own Choice

Introduction



This workbook will assist individuals to indicate their living arrangements and other options about how they want to live.



The sticker booklet is the companion tool to help individuals express their personal decisions using pictures.

The workbook and sticker booklet are complemented by a DVD that features people living in four different arrangements and community opportunities: one's own apartment, small group home, large community facility and developmental center. Their stories assist the individual to make an informed decision about where and how to live. There are three viewing choices for each story: English speaking, English speaking with subtitles, English speaking with Spanish subtitles.

The DVD menu shows the three viewing options. Review how the menu works before meeting with the person.

Instructions



Review the workbook and sticker booklet before using them with a person.



Watch the DVD.



Go over the workbook with the person, explaining each page. Show the stickers that can be applied to the boxes.



Assist the person to share what is important and complete the workbook. Write notes in the workbook. Leave a copy of the finished workbook and sticker booklet with the person.

Interviewer Tips

Page 3: Explain the purpose of the *My Own Choice* tools.

Pages 4 & 5: Talk about living options important to the person, refer to the DVD.

Page 6: Based on the person's preference, find the stickers that apply or insert a photo or drawing.

Page 7: Talk about favorite activities, community interests and work. Take notes and find stickers that apply or insert photos or drawings.

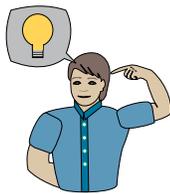
This workbook and sticker booklet were put together to help you make choices about where you would like to live and what you want to do. They help you show others what is important to you.

The workbook and sticker booklet come with a DVD that shows four people living in different ways.

Watch the DVD and go over the workbook. The workbook has places to put stickers, photos or drawings to show your choices. You can also write in your choices.

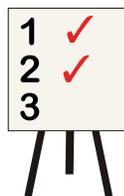
Make your own decisions about how you want to live:

Think



What is important to you?

Plan



Use the workbook and sticker booklet to make your plan.

Do



Make your own decisions and show people your choices in the workbook.

This is about you making **YOUR OWN CHOICES!**

LIVING CHOICES



APARTMENT/ HOUSE

Live in an apartment or house by yourself or with a roommate.

KITCHEN AND DINING:

You have choices about when and what you eat. You cook or can help cook.

BEDROOM:

You have your own room.

LIVING ROOM:

You choose what you want to do. You can be by yourself or with friends.

SMALL GROUP HOME

Live in a house with a few people.

KITCHEN AND DINING:

Eat with people who live in the group home. Meals are cooked for you.

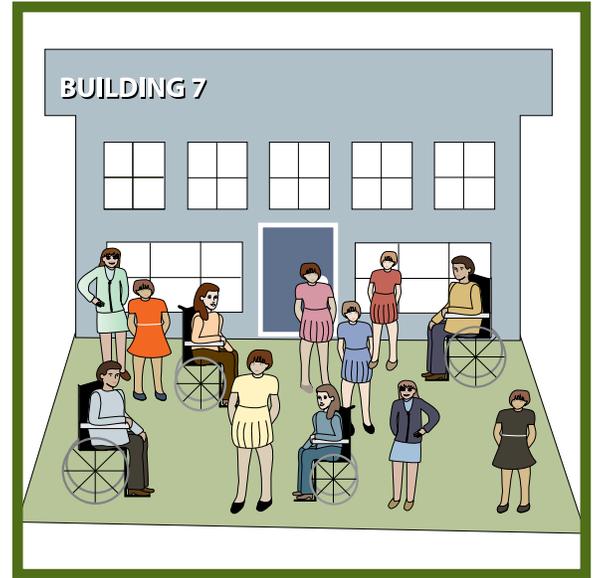
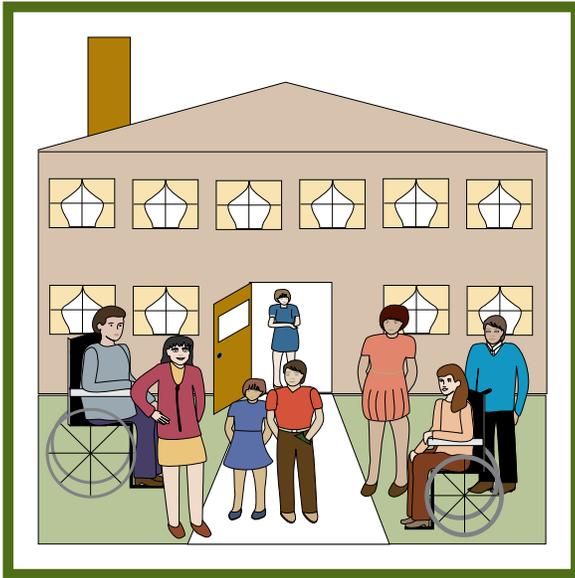
BEDROOM:

You may have your own room or share with someone.

LIVING ROOM:

Group living room. Choices about what you do are made by the group. There are rules.

LIVING CHOICES



LARGE COMMUNITY FACILITY

Live with many people in one place.

KITCHEN AND DINING:

Meals are cooked for you.
Choices are made by staff
You eat at set times with many people.

BEDROOM:

You share a room with at least one person.

LIVING AREA:

Group living room. Choices are made by a group. There are rules to follow.

DEVELOPMENTAL CENTER

Live with many people in big buildings.

KITCHEN AND DINING:

Meals are cooked for you.
Choices are made by staff.
You eat at set times with many people.

BEDROOM:

You often share a room with one or more people.

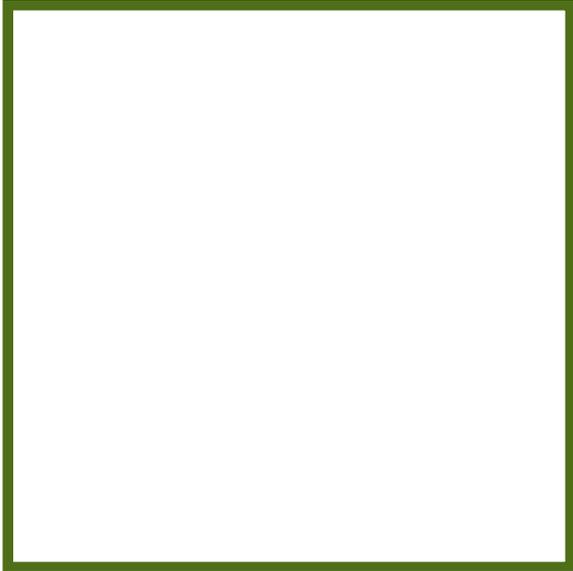
LIVING AREA:

Group living room. Choices are made by a group or staff. Staff supervise. There are rules to follow.

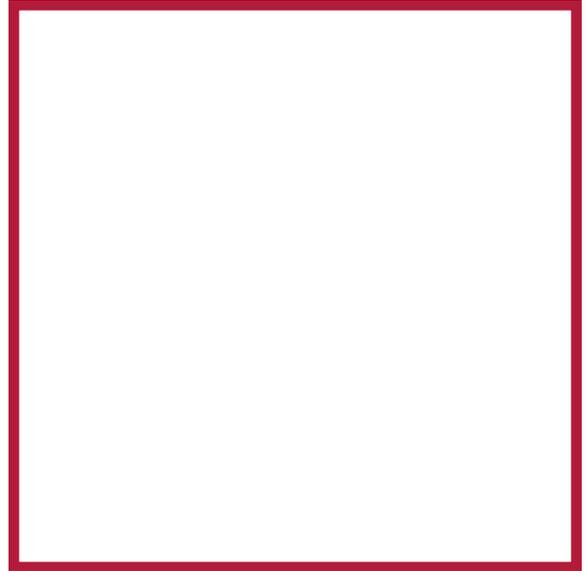
MY OWN CHOICE

Look at the sticker booklet. Put your sticker, drawing or photo in the boxes.

MY DECISIONS



Kind of place I want to live in.



What I want in my home.





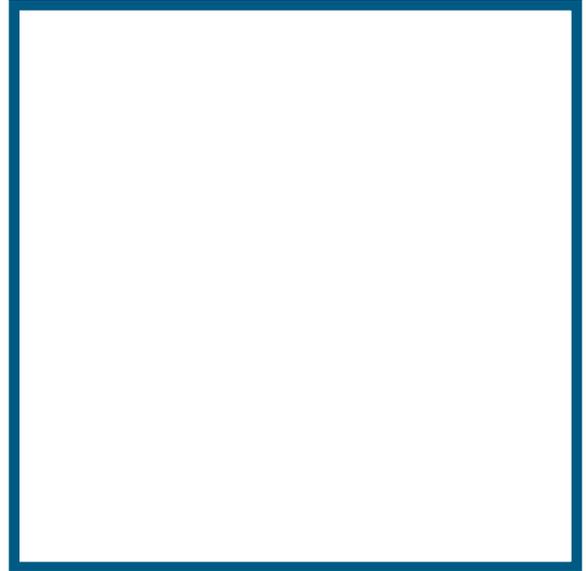
MY OWN CHOICE

Look at the sticker booklet. Put your sticker, drawing or photo in the boxes.

MY DECISIONS



Things I want to do.



Places I want to go.





Additional Advocacy Resources

<http://dds.ca.gov/ConsumerCorner/Publications.cfm>

My Own Choice workbook and Sticker Booklet can be downloaded in PDF format for filling in and printing. Go to <http://dds.ca.gov/ConsumerCorner/Publications.cfm>

Consumer Corner Home Page

State of California
Department of Developmental Services

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Consumer Corner Home Page

Consumer Advisory Committee Publications

Advocacy Information

Employment and Other Resources

Independent and Support Living

Regional Centers

Developmental Centers

DDS Safety Net

Consumer Corner

Welcome to Consumer Corner. Here you can find:

- Information about the Consumer Advisory Committee (CAC).
- Materials developed by DDS and CAC committee for consumers, families and professionals.
- Advocacy resources to help consumers ensure their rights are protected.
- Links to other resources available to individuals with developmental disabilities.

What's New

THINK
PLAN
DO

[Play Video](#)

- CAC Videos are available on the [DDS YouTube Channel](#)
- [Leadership Through Personal Change: Think, Plan, Do](#) is the foundational method the CAC used to identify personal leadership goals and carry out plans for achievement in everyday life. **NEW!**
- [Spring 2009 Newsletter](#) (PDF)
- [February 2009 Meeting Minutes](#) (PDF)
- State Council Employment Advisory Committee - "Learn About" Series
 - [Finding a Job](#) (PDF)
 - [Incentives](#) (PDF)
 - [Accommodations](#) (PDF)
- Community Reflections:** A video about people with developmental disabilities sharing their experiences and views about opportunities to work in their communities. ([Play Video](#))
- [Join the Consumer Advisory Committee](#)

This booklet and DVD were developed as part of the Capitol People First, et. al. v. Department of Developmental Services (DDS), et. al. Settlement Agreement, Case No. 2002-038715

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