

STICKER BOOK

MY OWN CHOICE



Introduction

The **My Own Choice** Sticker Booklet is the companion tool to help individuals express their personal decisions about a preferred living option. The booklet provides stickers of people living in four different arrangements: one's own apartment, small group home, large community facility and a developmental center. It also includes stickers that show living arrangement characteristics and various activities.

How to use this booklet

This booklet is divided into four color coded sections. The pictures are simple drawings of living options and typical things to do or places to go. They only represent examples. If none of them match the person's choice, use the "My Choice" blank sticker on the first page and draw or write on it.

After a person has watched the DVD and reviewed the **My Own Choice** workbook, they can choose pictures that fit their choices and put them on pages 6 and 7.

Page 6

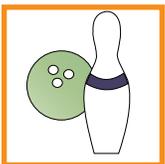


Place I want to live in.



What I want in my home.

Page 7



Things I want to do.



Places I want to go.

Suggestions if there is not an appropriate sticker:

- A. Use the My Choice blank sticker. Draw a picture or write on it.
- B. Use a photo of the person and activity.
- C. Use a picture from a magazine.



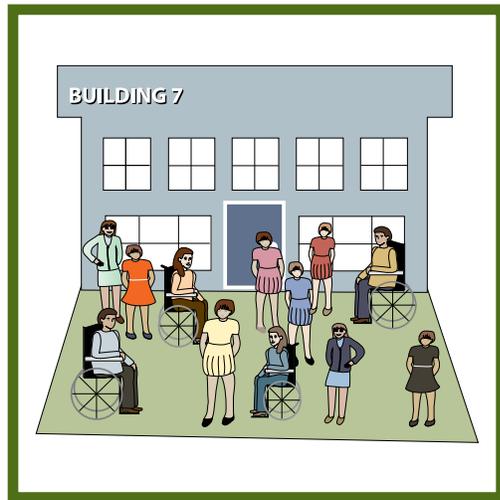
An apartment or house by myself or with a roommate.



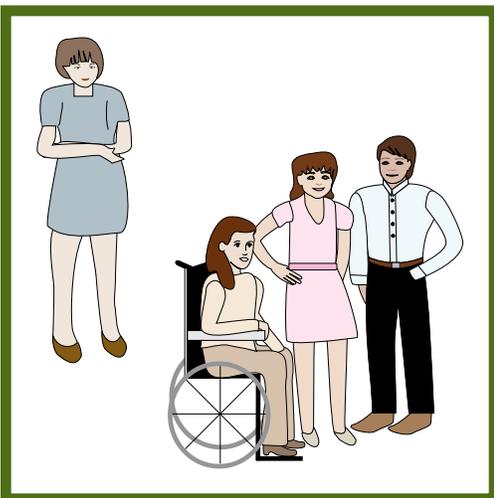
A small group home with a few people.



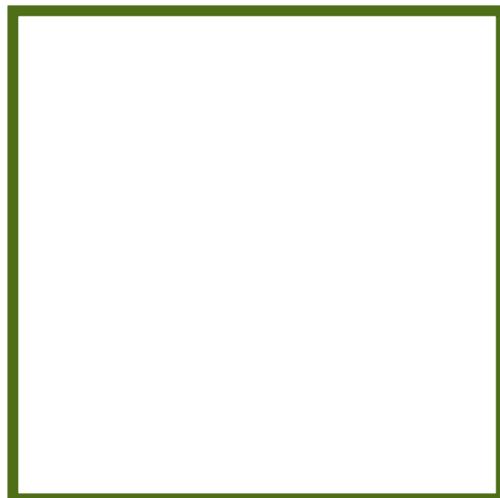
A large community facility with many people.



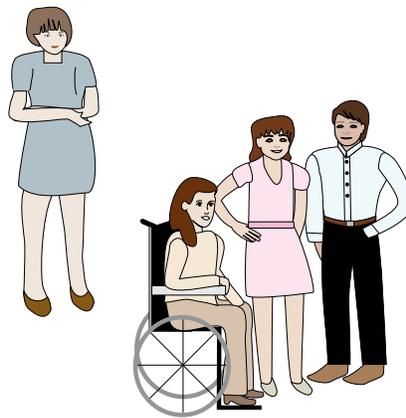
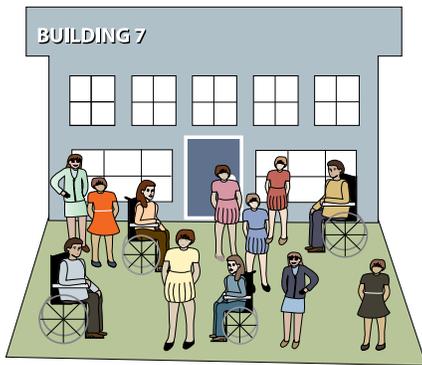
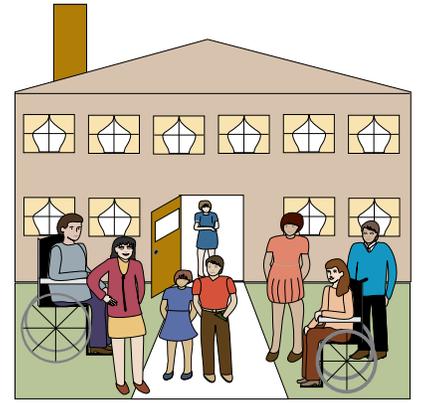
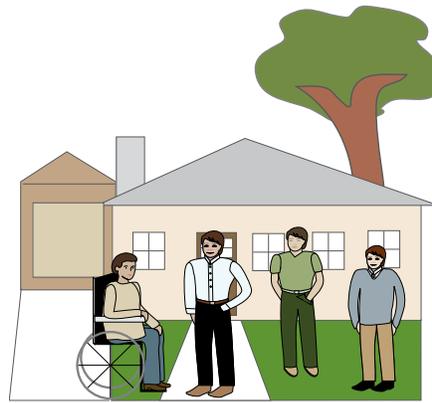
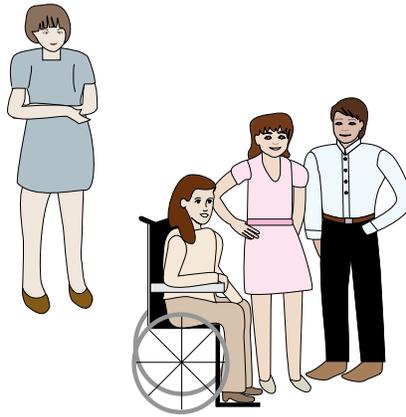
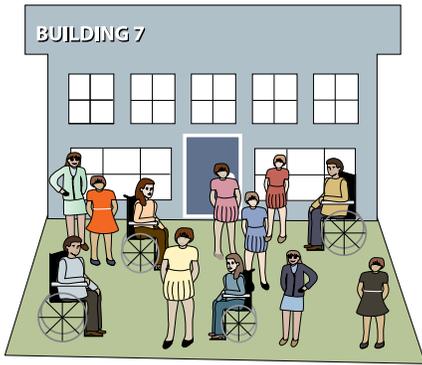
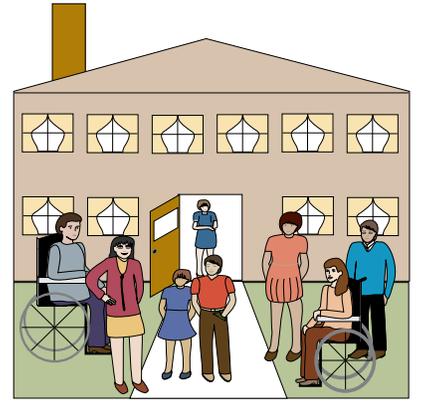
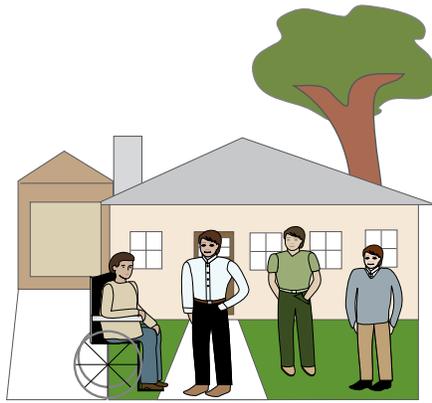
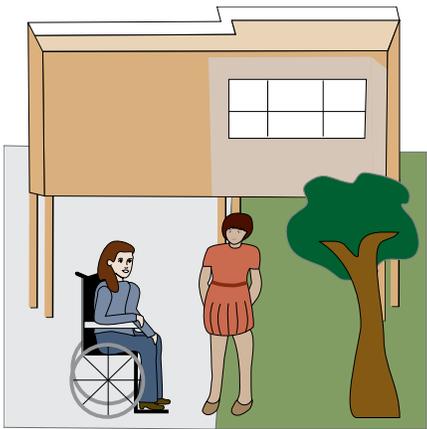
A developmental center with lots of people.



Be by myself or with many people.

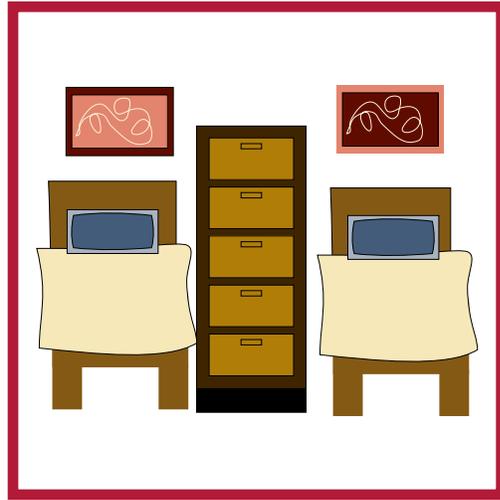


Other – My choice.

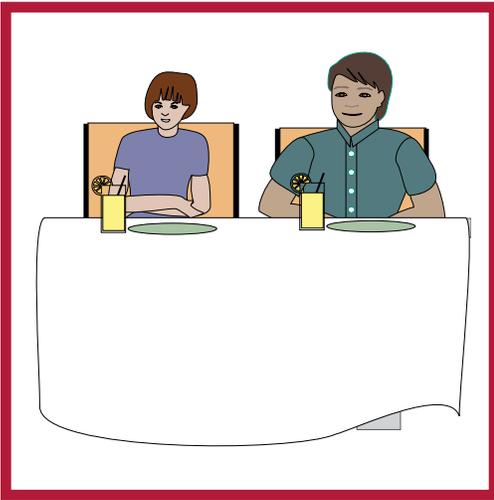




My own bedroom.



Shared bedroom.



Eat by myself or with a friend.



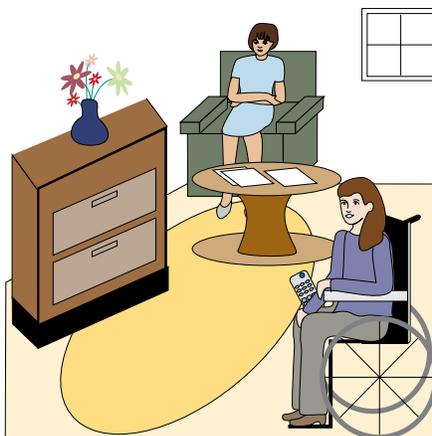
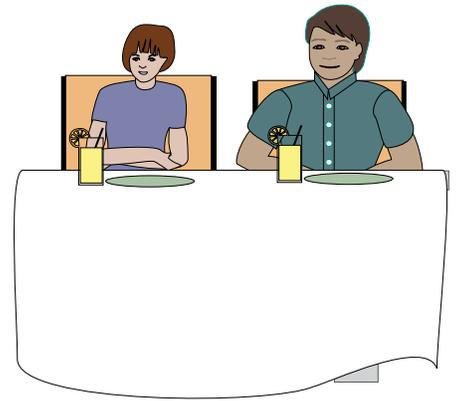
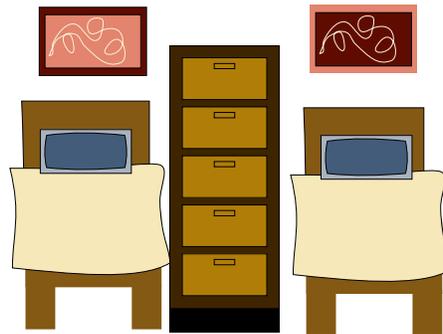
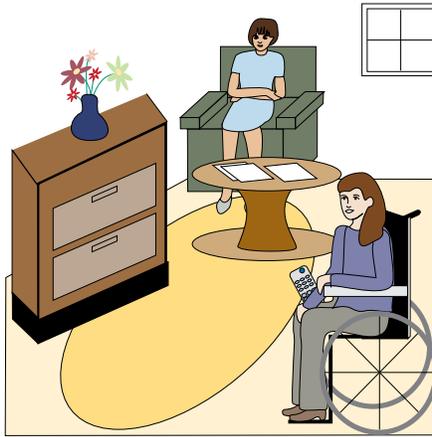
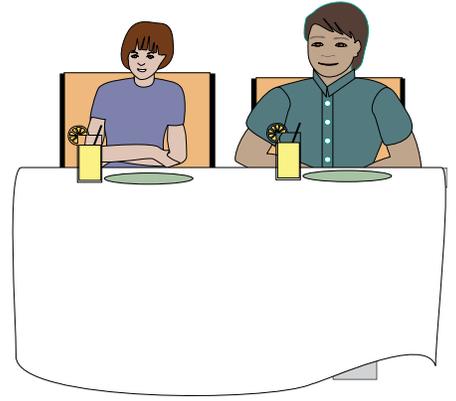
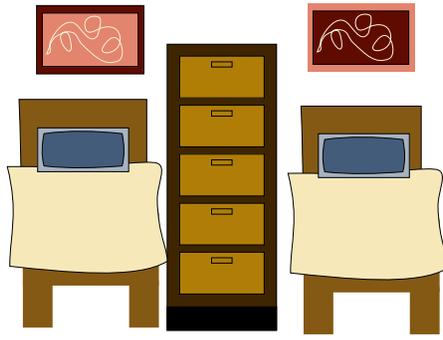
Eat with many people.



By myself or with a friend.

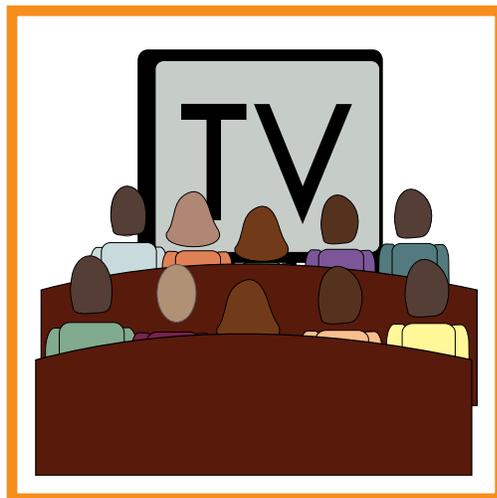


With many people.

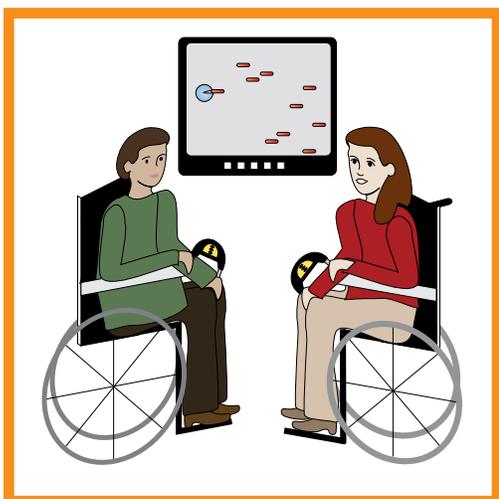




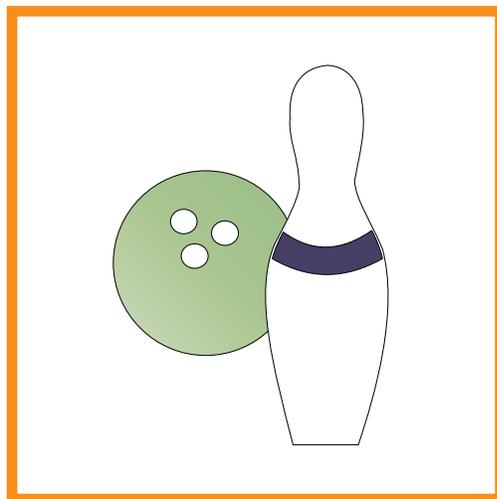
Watch TV by myself.



Watch TV with many people.



Play video games alone or with friends.



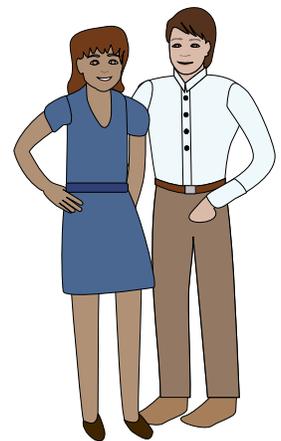
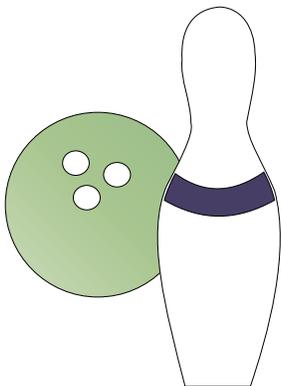
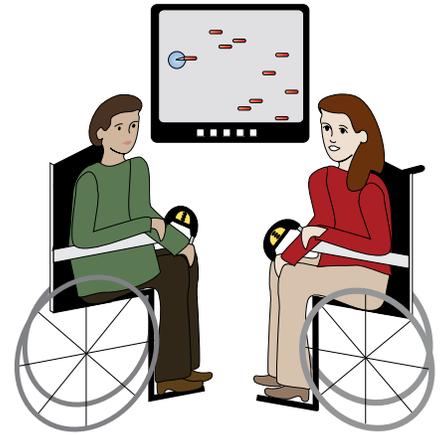
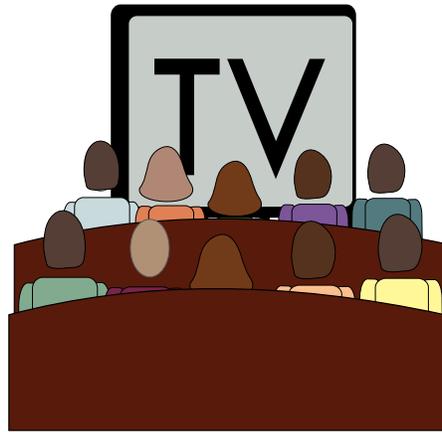
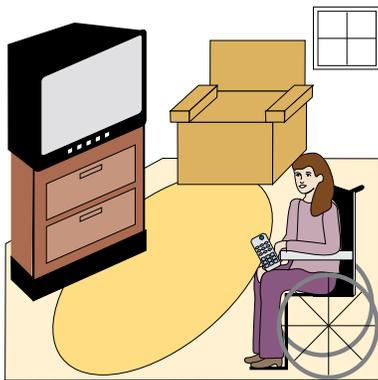
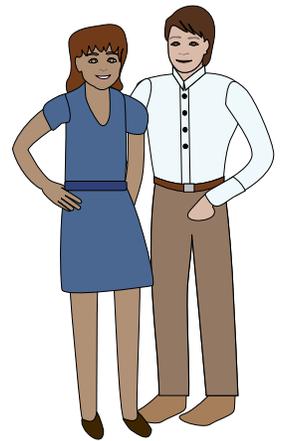
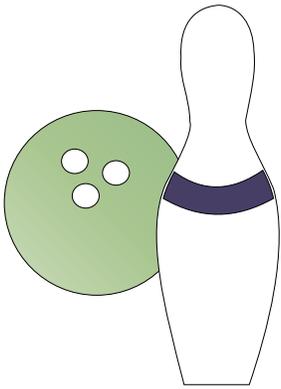
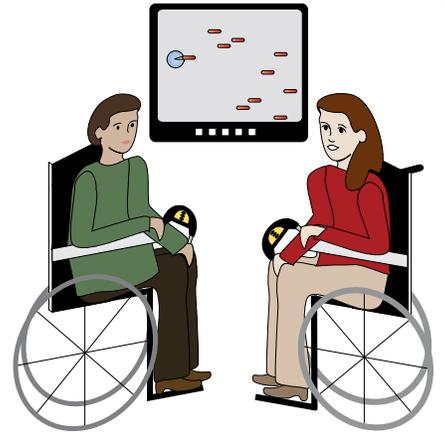
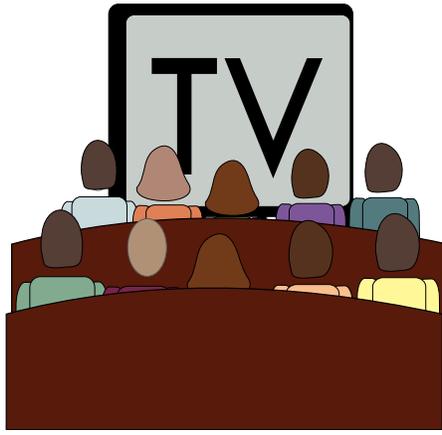
Go bowling.

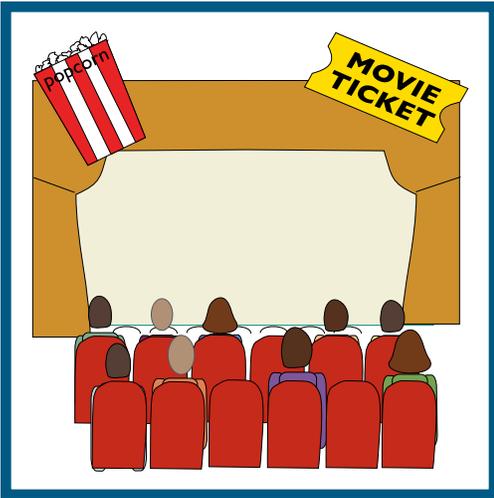


Ride a bike.



Be with friends, go on a date.

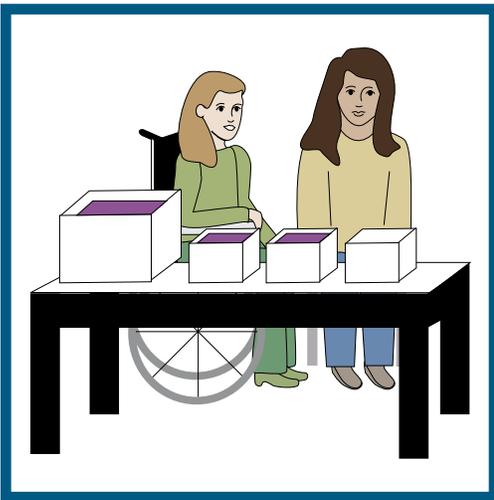




Go to the movies.



Go shopping.



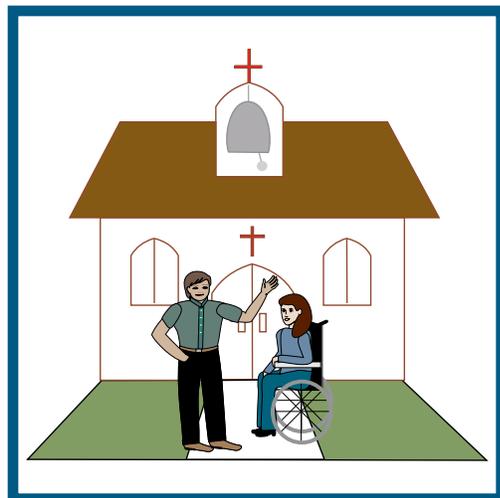
Have a job.



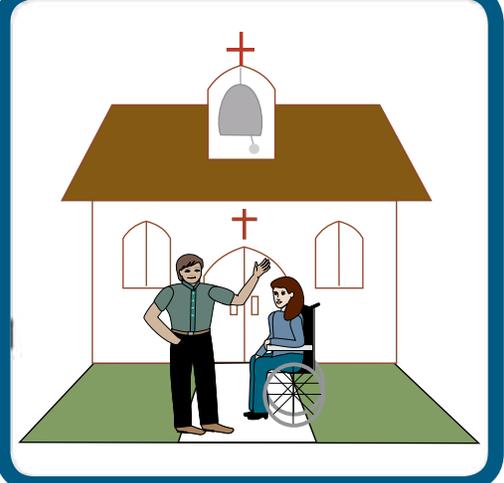
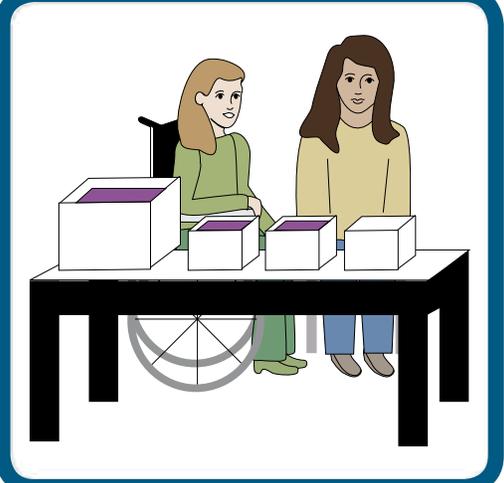
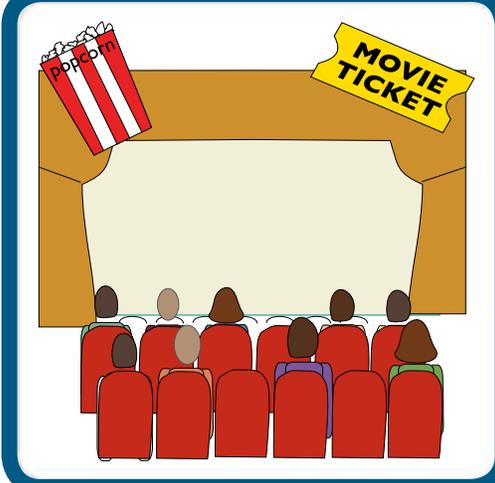
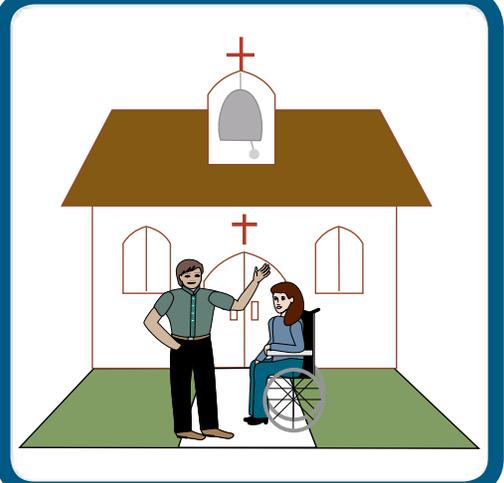
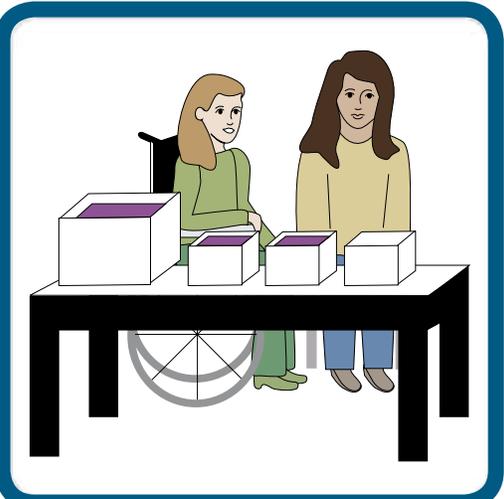
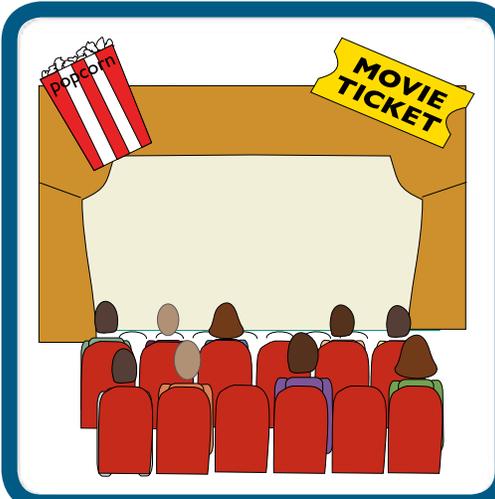
With my friends.



Eat out with friends.

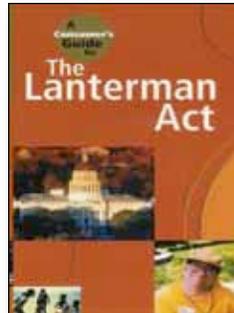


Go to Church or Temple.

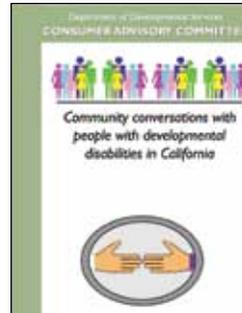


Advocacy Resources

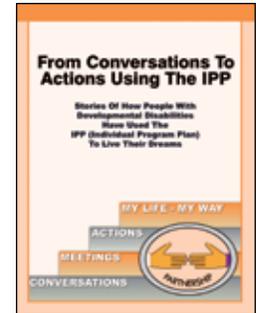
All CAC publications and media are available for download from the DDS website www.dds.ca.gov/consumercorner/home.cfm and from the Board Resource Center www.brcenter.org



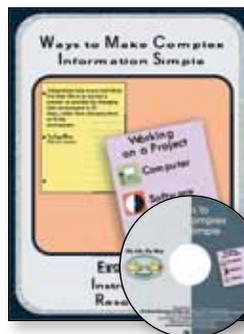
How the California law works for people with developmental disabilities.



A conversation with 400 Californians about what life is like for them.



Stories about 20 people who used their IPPs to improve their lives.



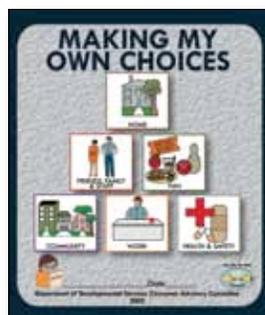
CD Rom on how to make information accessible. Includes 160 graphics.



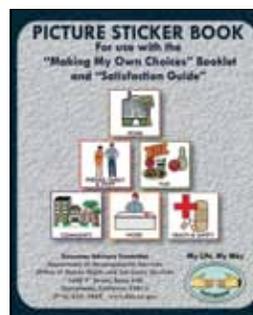
Suggestions for conducting interviews so people feel comfortable.



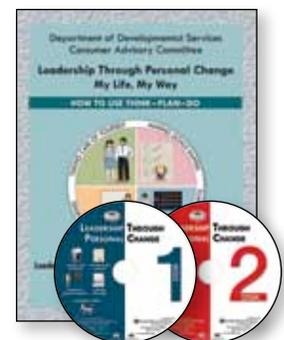
A Guide & DVD about Dan. The Guide is a workbook for people to identify personal preferences.



An IPP planning tool that helps people identify what is important to them.



A companion to Making My Own Choices. People can express their choices using graphics.



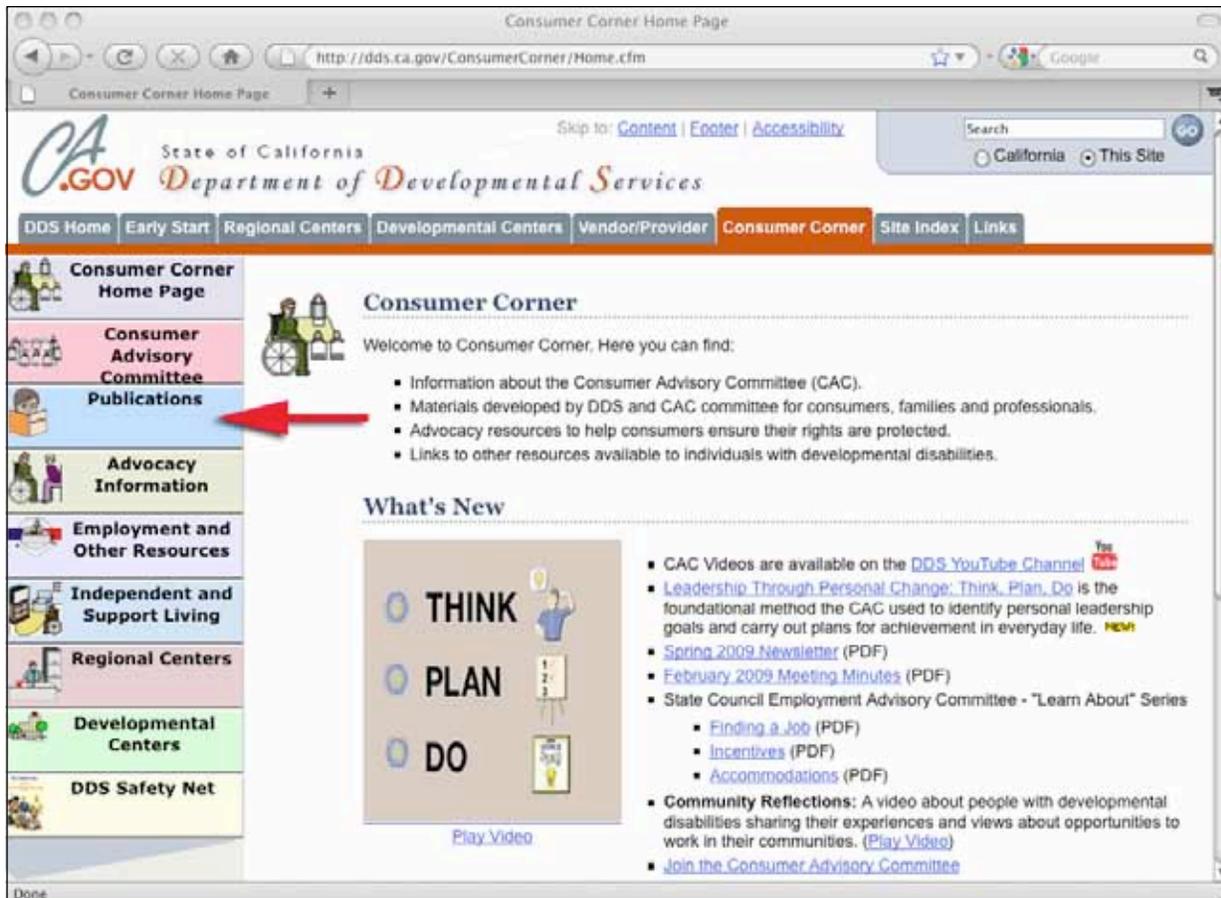
15 videos and guides using Think—Plan—Do to develop personal and professional goals and plans. Includes a facilitation video.



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>



Sticker paper that fits the size of the pictures in the Sticker Booklet can be obtained online from Planet Label. Go to <http://www.planetlabel.com/product/white-uncoated-2-1-2-x-2-1-2-square> to order (2½" × 2½" square stickers – 12 per page – Product No. LT9650-12).

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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