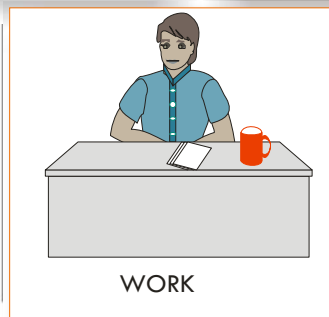
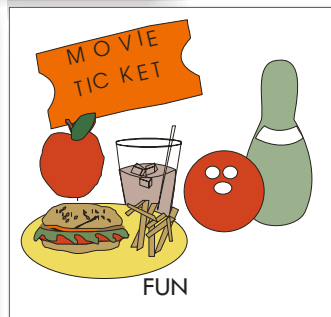
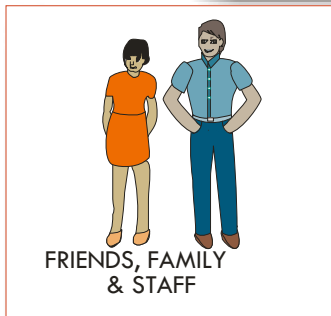
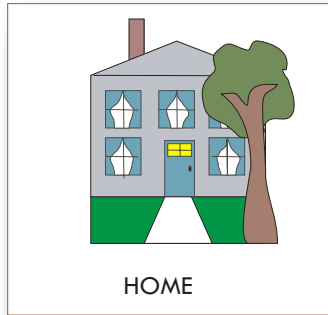


MAKING MY OWN CHOICES



My Life, My Way



Name: _____ Date _____

MAKING MY OWN CHOICES

Our Vision Statement

“People with developmental disabilities in California will live their life the way they want”

INFORMATION ABOUT THE BOOKLET

The Department of Developmental Services (DDS) Consumer Advisory Committee (CAC) was started in 1992 by the DDS Director to give consumers a voice about how they receive services. In 2005, the Committee decided to add to its previous projects by developing:

- Choice and Satisfaction Guides for people living in and leaving the developmental center, and
- An Adaptation Guide for staff to present materials differently for people who do not read well.



Consumer Advisory Committee 2005

My Life, My Way



The DDS Consumer Advisory Committee (CAC) thanks the following that helped make this booklet possible:

The California Department of Developmental Services

Cliff Allenby, Director

Carol Risley and Kathleen Ozeroff,
Office of Human Rights and Advocacy Services
Michael Long, Consumer Coordinator

Association of Regional Center Agencies CAC

Participating California People First and Self-Advocacy Groups

Participating Regional Center CACs



The Board Resource Center, Inc.

www.brcenter.org

Mark Starford and Sherry Beamer
Donna Aikins Design
WestEd, Inc.

For more information about additional copies, contact:

Department of Developmental Services
Office of Human Rights and Advocacy Services
1600 9th Street, Room 240 Sacramento, California 95814
(916) 654-1888 www.dds.ca.gov

Making My Own Choices



Having a life without choices is not good for anyone. A life without choices means someone else makes decisions about how you spend your time each day, like what you do and when you do it. Each person has the right to make decisions and have choices about how they live their life. Each person has different ideas about what is important and what makes them feel best.

Making your own choices about the things you do is very important because it gives your life meaning. The choices we are talking about are picking things you like best, for example:

- going places in the community,
- a good job,
- being with friends,
- feeling safe, and
- having good food to eat that is healthy.

Making choices about what is important to you helps you be more independent and in charge of your life.

Learning to make your own choices can be hard if you have not had a chance to be in charge before. Sometimes when people begin to make choices, staff and

family do not listen because they are not comfortable yet with us making our own choices. Don't be afraid to say what is important to you - just try telling people what you think. If you have trouble speaking, use pictures, equipment and/or people to help.

Use this book to help tell staff what makes you happy and how you want to live your life. It can be your own story book. Before your planning meeting, think about what you want. If you need some help getting ready for your meeting, ask someone to help you write or draw what you want. You can take this book to your planning meeting and show your team what is important to you.

So, get out and do the things you like, be part of your community - even if you live in a developmental center!

Subcommittee:

Debbie Beeter, Betty Pomeroy, Lori Sloan
Robert Margolin



INSTRUCTIONS FOR USING THIS BOOK

This booklet has been developed to help people identify things that are important to them in their life such as their home, relationships, community experiences, types of work, fun things to do and how to be healthy and safe.

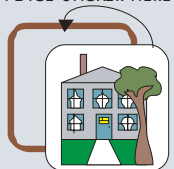
1. Show these sections of the book to the person:

- Home,
- Friends, Family and Staff,
- Fun,
- Community,
- Work,
- Health and Safety

2. First Section: Home- Talk about what the person would like their home to be like, e.g. what kind of house (apartment, house, group home, in a city, etc.) and the qualities (having their own room, a garden, etc).

3. Sticker Book Look through the Picture Sticker Book for the color coded **HOME** section and find a picture that is similar to the type of home the person is interested in living in and/or the qualities of a home that are important to them. Place the sticker on the **HOME** page in the blank space.

PLACE STICKER HERE



Note: If there isn't a sticker that matches the person's interest you can:

1. Draw a picture in the empty "My Choice" box
2. Look for a picture (e.g. from magazines and/or photos)
3. Take a photograph, and if possible, with the person in it.

4. Ask Questions: Use the completed sample as a guide. Ask questions about their choice using What, Who, When, Where, and How. Fill in their responses. Not all of the questions will fit every picture.



5. Notes: Use this section on the page to write down important notes about what will need to happen or additional information that is needed. This is an important part to ensure the person's choices will be taken seriously. The next section will include how the person can participate in the process.

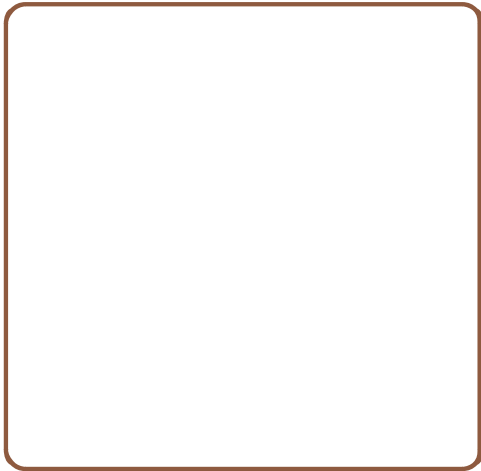
Complete the same steps for as many sections as the person is interested in. Work with the person to follow up on their ideas and plan, or help the person take the booklet to their planning meeting to ensure their choices become reality.



HOME

DESCRIPTION

PLACE STICKER HERE



What _____

Who _____

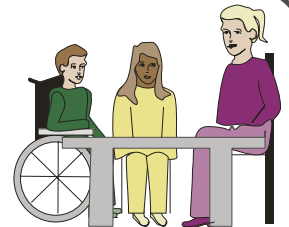
When _____

Where _____

How _____

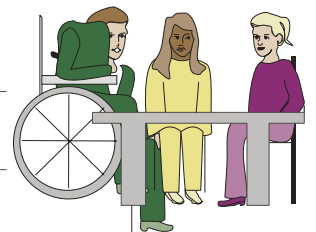
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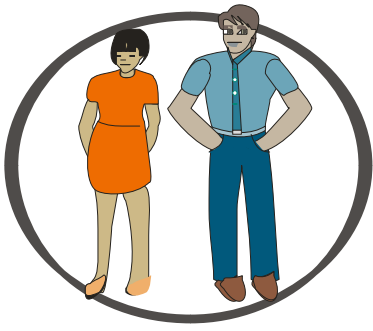
HELPER:



HOW DO I START MAKING THIS HAPPEN?

PERSON:

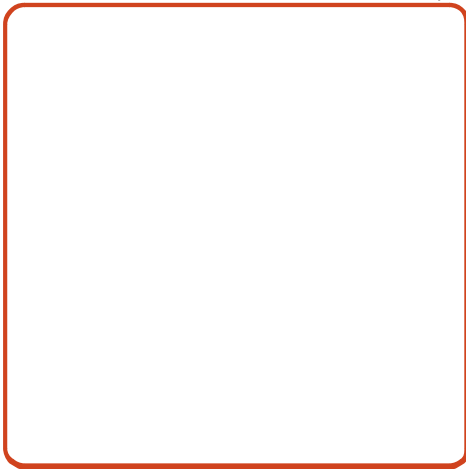




FRIENDS, FAMILY, STAFF

DESCRIPTION

PLACE STICKER HERE



What _____

Who _____

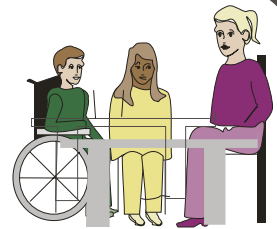
When _____

Where _____

How _____

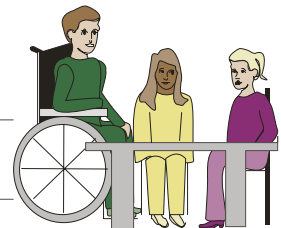
NOTES:

HELPER:



HOW DO I START MAKING THIS HAPPEN?

PERSON:

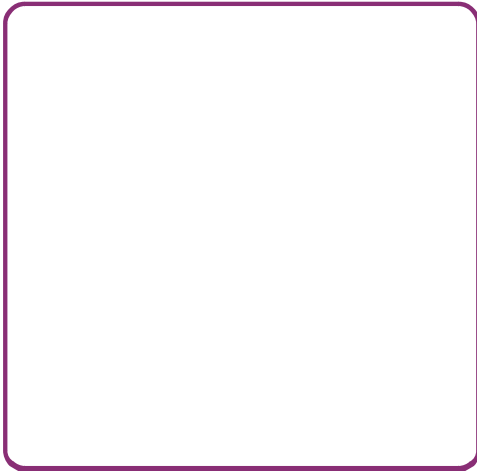




COMMUNITY

DESCRIPTION

PLACE STICKER HERE



What _____

Who _____

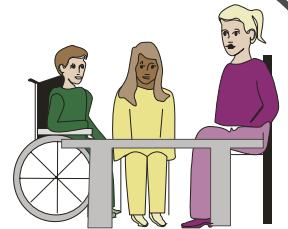
When _____

Where _____

How _____

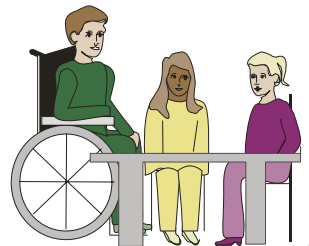
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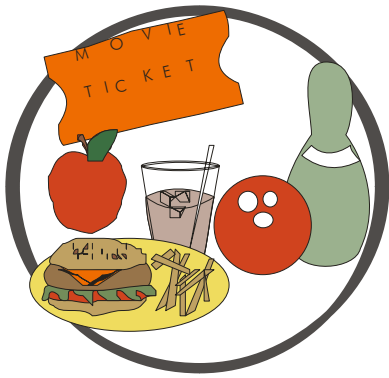
HELPER:



HOW DO I START MAKING THIS HAPPEN?

PERSON:

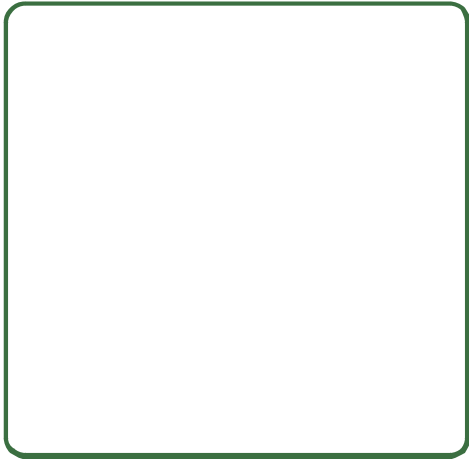




FUN

DESCRIPTION

PLACE STICKER HERE →



What _____

Who _____

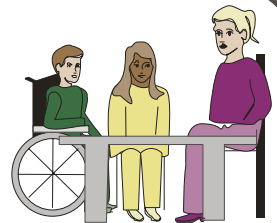
When _____

Where _____

How _____

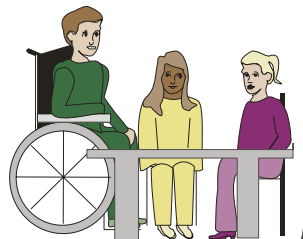
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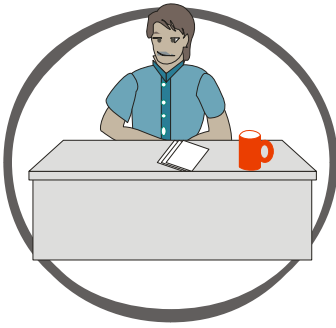
HELPER:



HOW DO I START MAKING THIS HAPPEN?

PERSON:





WORK

DESCRIPTION

PLACE STICKER HERE →



What _____

Who _____

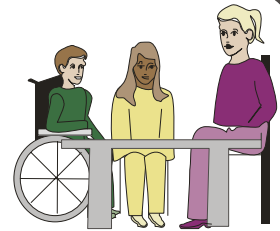
When _____

Where _____

How _____

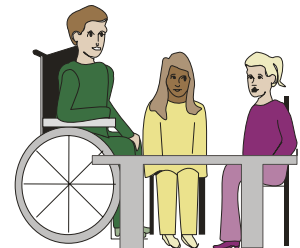
NOTES:

HELPER:



HOW DO I START MAKING THIS HAPPEN?

PERSON:





HEALTH & SAFETY

DESCRIPTION

PLACE STICKER HERE



What _____

Who _____

When _____

Where _____

How _____

NOTES:

HELPER:



HOW DO I START MAKING THIS HAPPEN?

PERSON:

