

INSTRUCTIONS AND USE



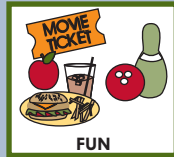
HOME

Pages: 1 - 2



FRIENDS, FAMILY
& STAFF

Pages: 3 - 4



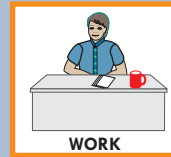
FUN

Pages: 5 - 7



COMMUNITY

Pages: 8 - 9



WORK

Pages: 10



HEALTH & SAFETY

Pages: 11

Introduction

This Picture Sticker Book was developed by the Department of Developmental Services DDS Consumer Advisory Committee in 2005 as part of the IPP and Choice Making series. Committee members feel it is important that people have the right to make choices about where and how they spend their time and with whom they spend it. To do this, people need information about these choices in ways they understand. Participating in decisions like these will improve people's quality of life.

Committee members developed this Sticker Book, the "Making My Own Choices" and "Satisfaction Guide" to help people in developmental centers tell helpers and advisors what they want for their life in the community, and while still living at the developmental center.

Instructions for using this book

This Picture Sticker Book is a companion to "Making My Own Choices" and the "Satisfaction Guide" published by the DDS Consumer Advisory Committee. This Picture Sticker Book is divided into six color coded sections to help locate pictures to assist people to communicate the important things they would like to do. The pictures are designed as simple drawings of typical things to do that are important or places to go.

Once a person has had an opportunity to go over the books "Making My Own Choices" and/or the "Satisfaction Guide" they can choose a picture from the section that matches the part of the book they are working on.

These pictures can also be used with other projects or charts that will benefit each person's independence and choice. Both booklets have instructions of how to use these stickers as well.

Review the following before working with the Stickers:

1. Review the Picture Sticker Book sections and understand how it is organized. Note: Each section is divided by content area and color coding.(See above)
2. The beginning of each section has pages with the name of a picture, suggestions of what the picture could represent and a sample of the sticker. Find the sticker on the following page, remove and place in the appropriate box in the booklet.
3. Below are a few suggestions if you do not find an appropriate picture:
 - A. Use one of the blank stickers and draw a picture on it.
 - B. Take or use a digital photo of the person and activity.
 - C. Use a picture from a magazine.

The stickers are available for download and printing at www.dds.ca.gov.

To purchase additional labels go to www.planetlabel.com. Label size information: 2 1/2" x2 1/2" square - 12 per page.

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

The California Department of Developmental Services

Cliff Allenby, Director

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Office of Human Rights and Advocacy Services

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Participating California People First and

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Participating Regional Center CACs



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www.brcenter.org

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Consumer Advisory Committee 2005

Adaptation Subcommittee: Nyron Battles, David Miller, Betty Pomeroy, Lori Sloan

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Department of Developmental Services

Office of Human Rights and Advocacy Services

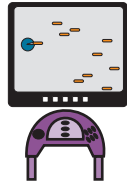
1600 9th Street, Room 240

Sacramento, California 95814

(916) 654-1888 www.dds.ca.gov

VIDEO GAMES

Buy new video games
Play video games
with friends or by myself



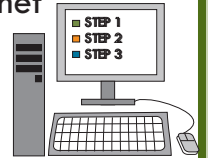
WATCH TV

Sports game
Favorite shows
Movies



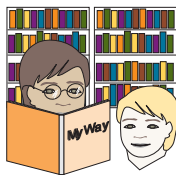
COMPUTER

Use my computer
Computer games
Write letters
Internet



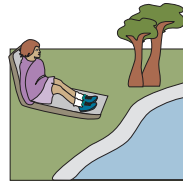
READ A BOOK

Read with someone
Read or look at picture books



RESTING

Take it easy
Take a rest and relax



MUSIC

Listen to a CD
My favorite music



CARE OF HOME

Clean my room
Vacuum
Sweep
Dust



COOK OR BAKE

Cook meals
Bake deserts
Cook for myself or friends



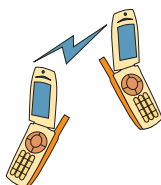
FRIENDS COME OVER

For dinner
Watch TV and play games
Talk



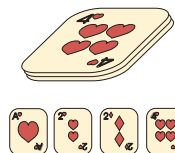
CALLING

Talk with friends or family
on the phone



PLAY GAMES

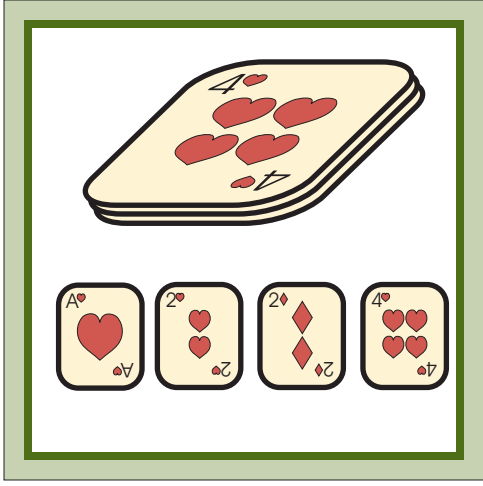
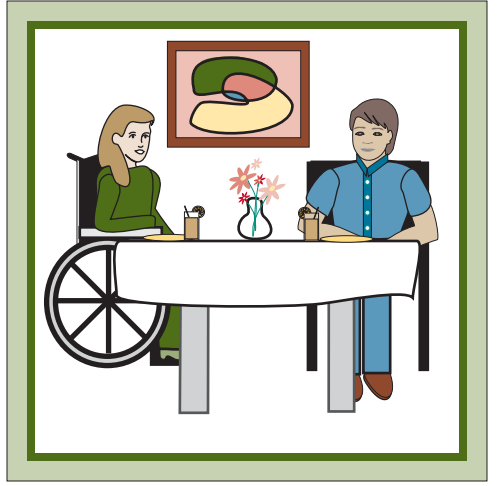
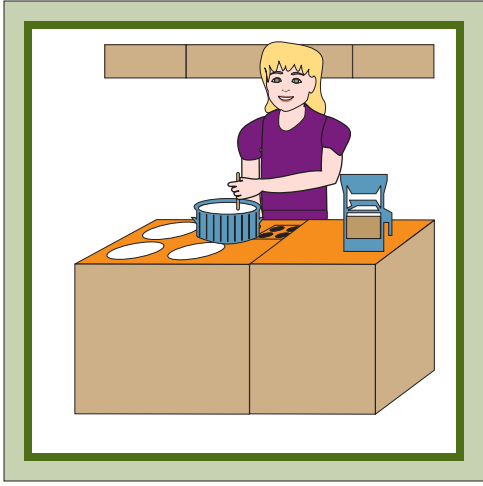
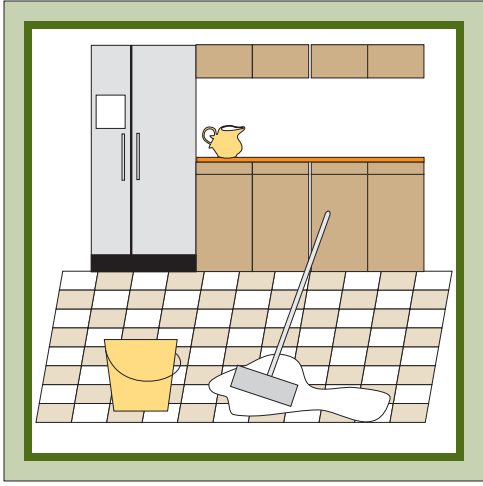
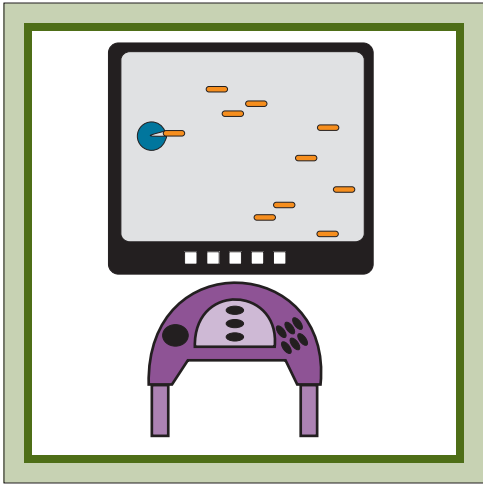
Play cards
Do puzzles



SEWING

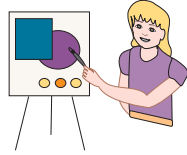
Make clothes





PAINTING

Take an art class
Paint in the park
Paint at home



PLAY SPORTS

Play sports with
friends or staff



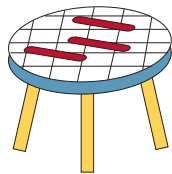
EXERCISES

Do exercises
Watch an exercise video



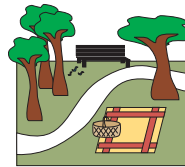
HAVE A BBQ

Make a BBQ with friends



PICNIC

Have a picnic with friends
Make food for a picnic



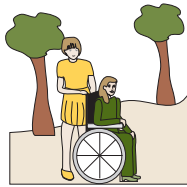
GARDENING

Make my own garden
Grow vegetables
Grow flowers



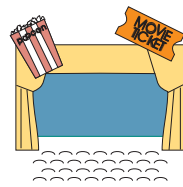
TAKE WALKS

Walk in my neighborhood
Walk in the city
Walk with a friend



MOVIES

Watch movies
Go to the movies



GO TO SCHOOL

Learn new things
Computer class
Reading class



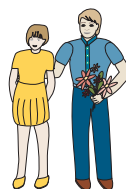
GO TO PARTIES

Make a party for friends
Dance party at a
friends house



DATE

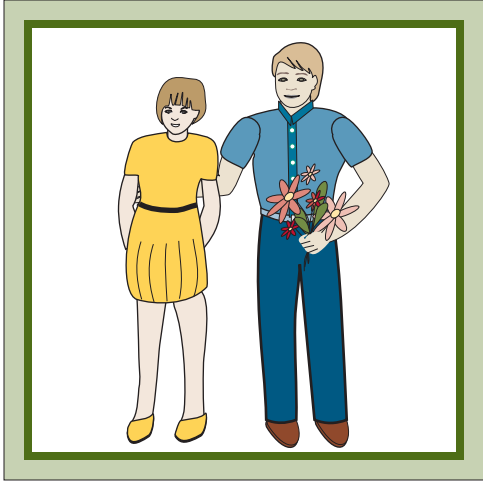
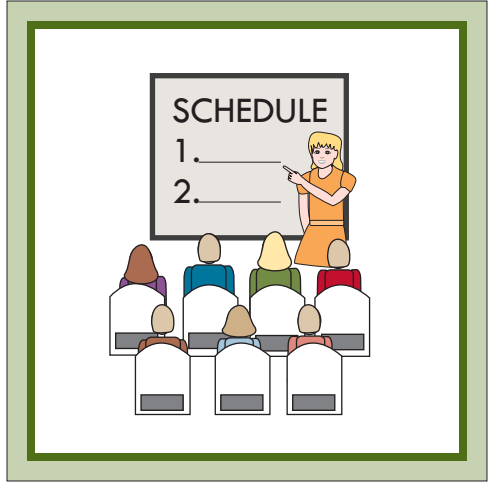
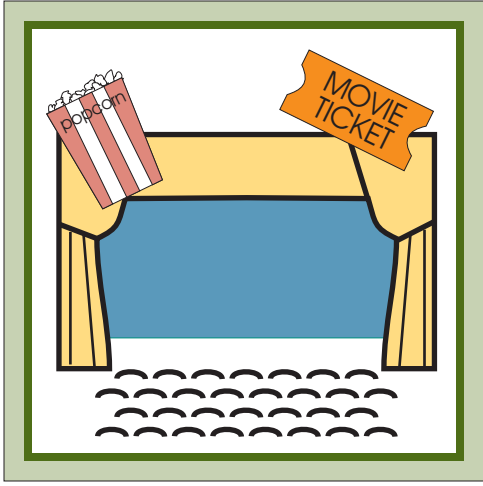
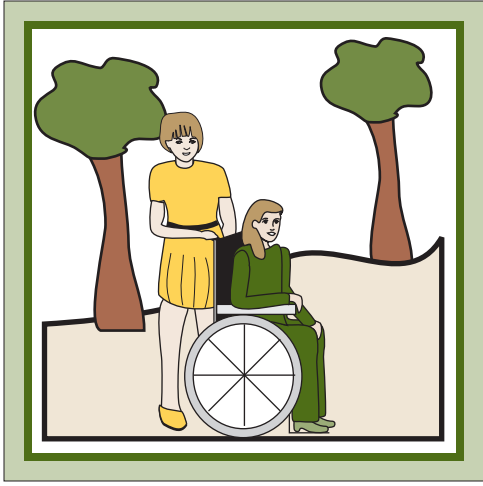
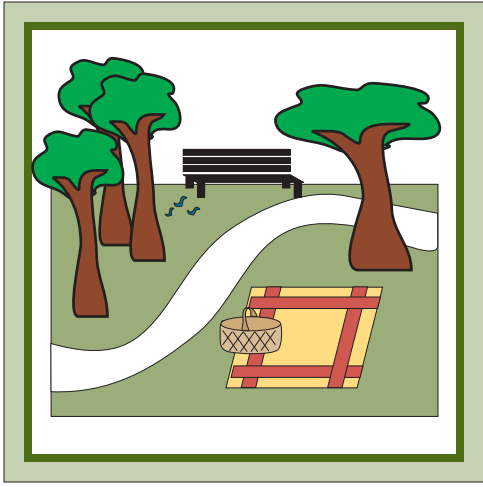
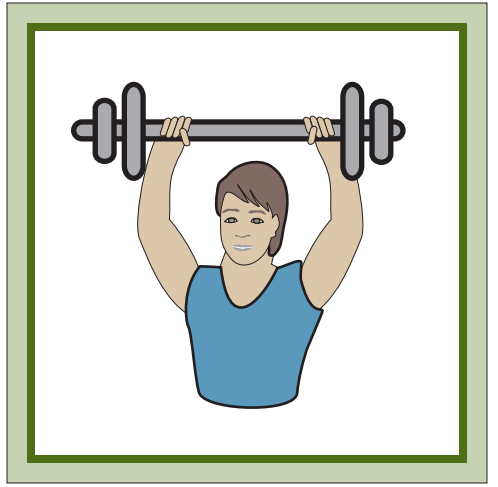
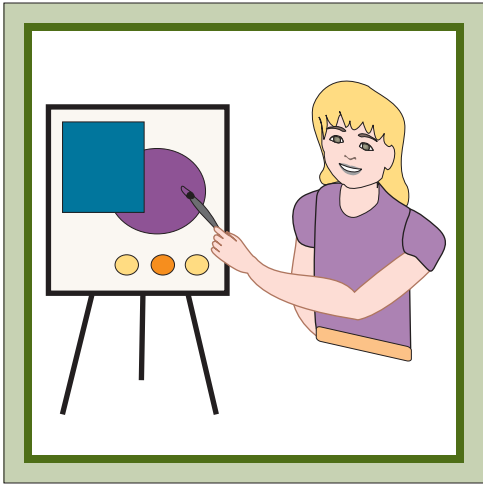
Go on a date

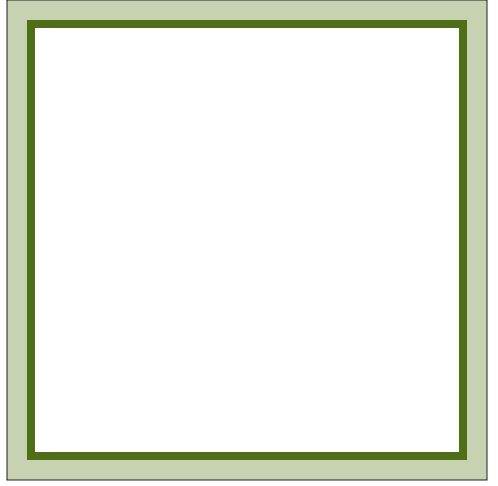
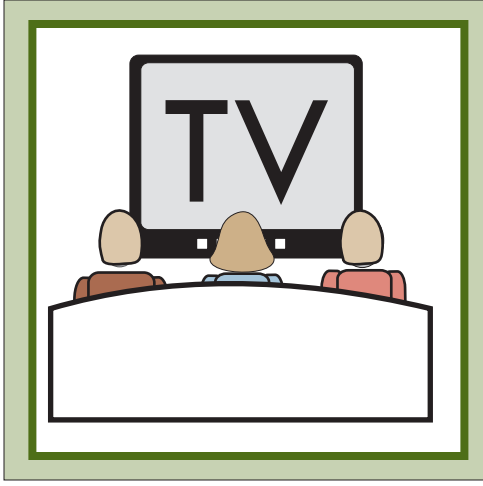
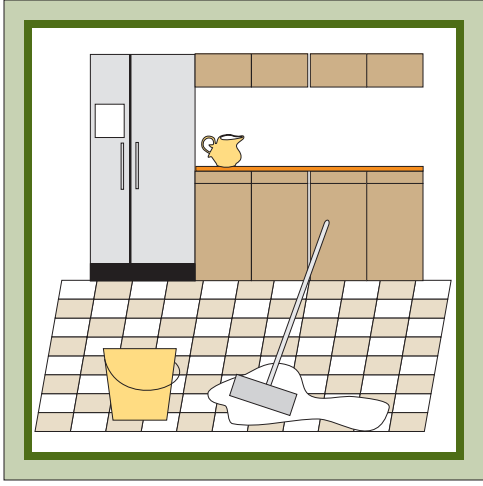
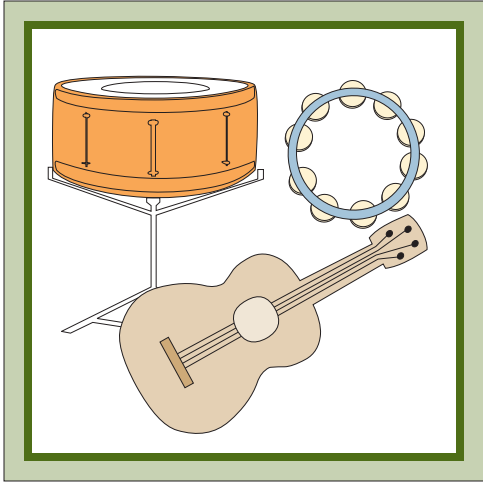
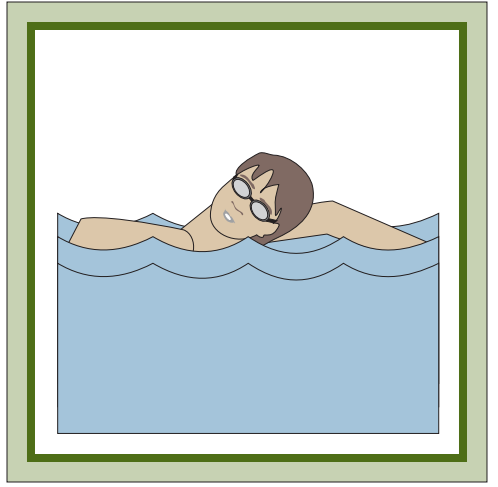
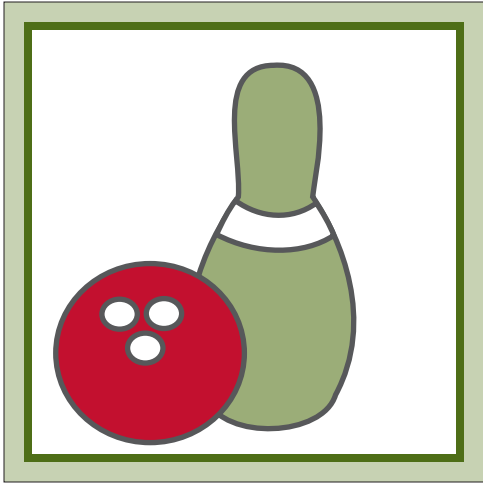
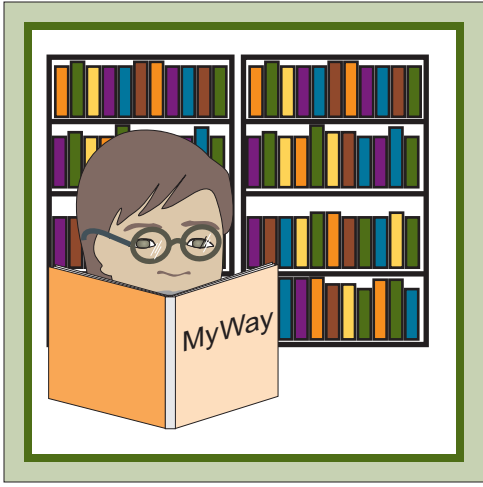
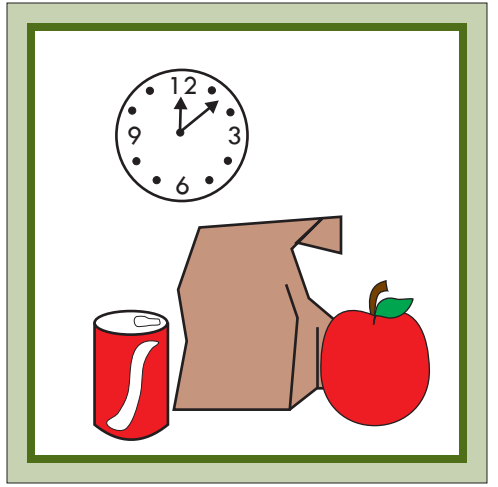


HAVE DINNER

Dinner at home
At a friend's house
Have dinner with family
or a friend







VISIT PEOPLE

Go to my friends home
People visit me



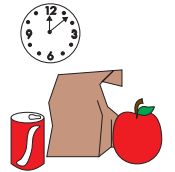
GO SHOPPING

Watch movies
Go to the movies



GO TO LUNCH

Have lunch with a friend



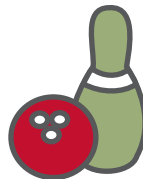
LIBRARY

Read a book
Listen to a CD
Check out books or movies



BOWLING

Go bowling with friends
Join a team



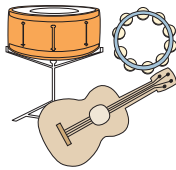
SWIM

Swim team
Swim for exercise
Swim for fun



PLAY INSTRUMENT

Play instrument with a group
Learn to play an instrument



SINGING

Sing in a group
Go out and sing
Sing to music



ANIMALS

Petting zoo
Feed animals



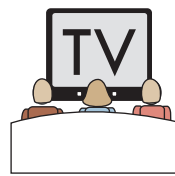
TRANSITION HOME

Do things in a real house
Cook and bake
Clean
Eat
Sleep



HANG WITH FRIENDS

Eat and have drinks
Talk, laugh and joke
Watch a video



MY CHOICE