

INSTRUCTIONS AND USE



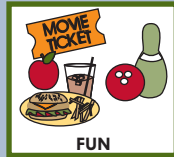
HOME

Pages: 1 - 2



FRIENDS, FAMILY
& STAFF

Pages: 3 - 4



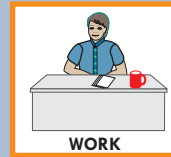
FUN

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:

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Consumer Advisory Committee 2005

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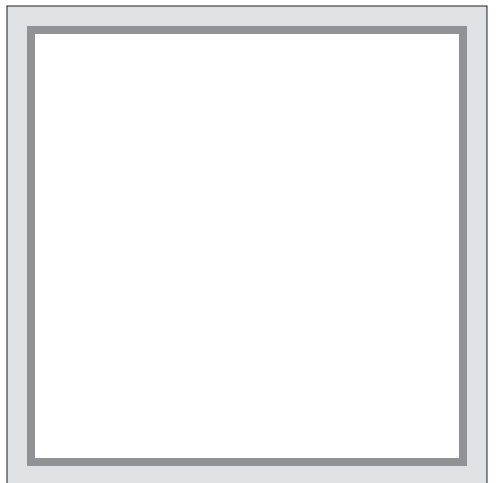
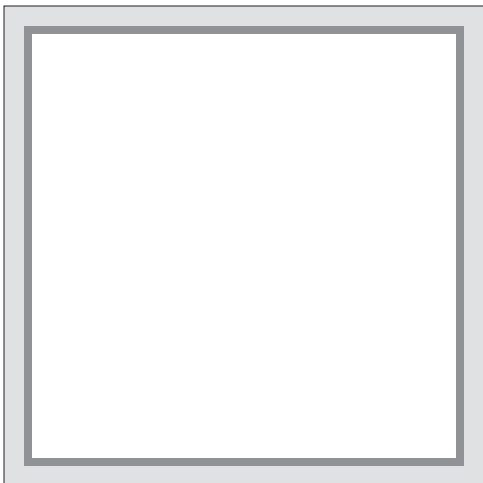
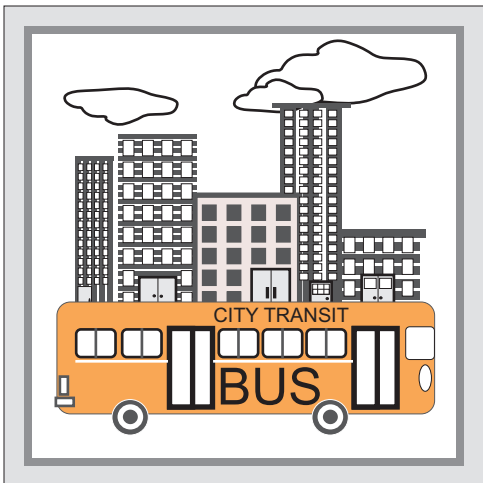
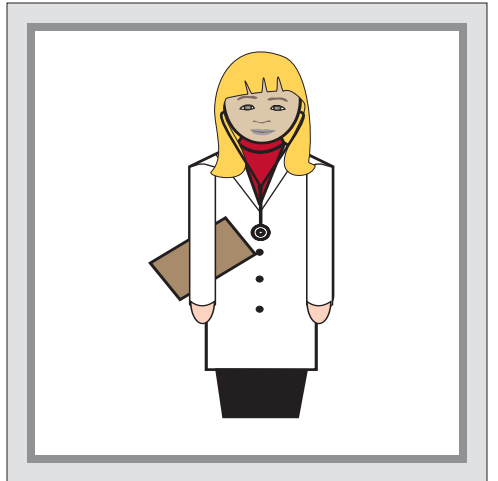
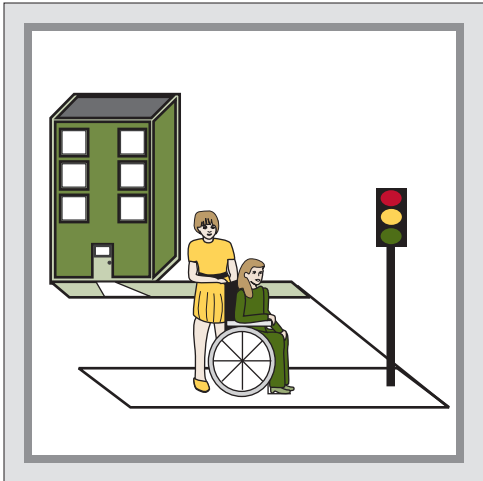
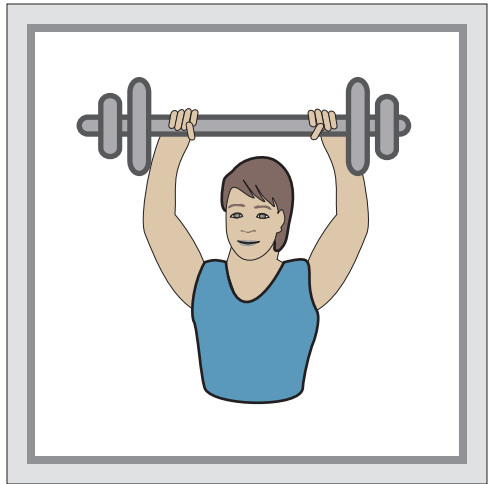
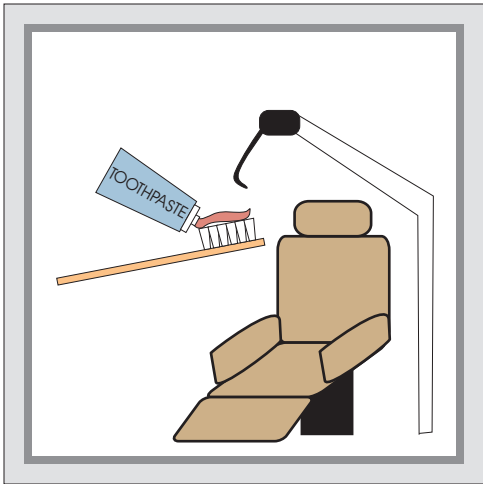
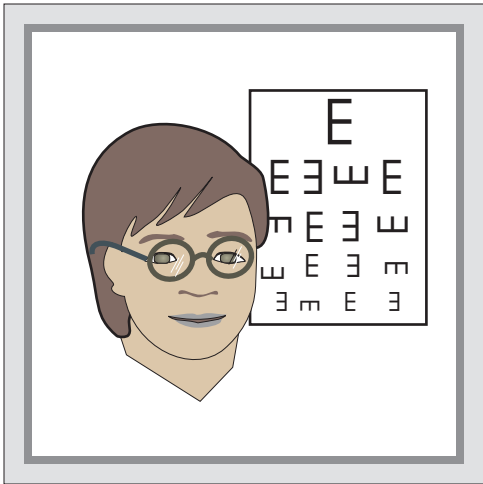
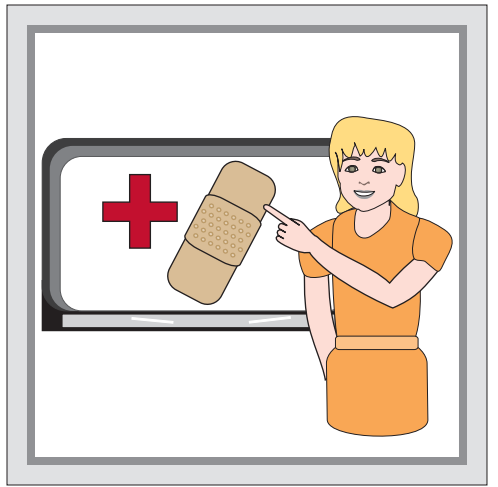
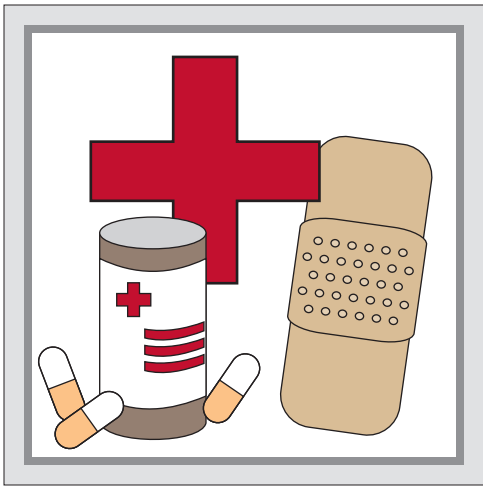
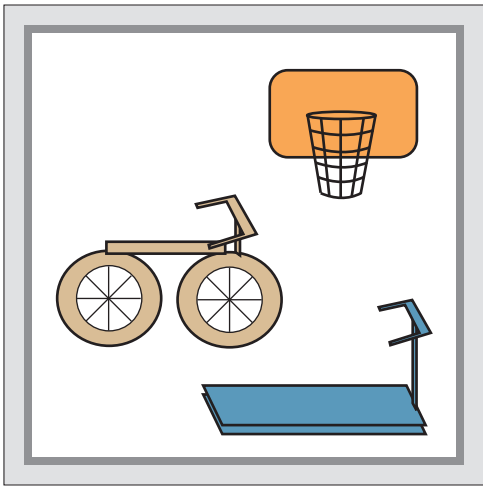
Department of Developmental Services

Office of Human Rights and Advocacy Services

1600 9th Street, Room 240

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GO TO THE GYM

Use weights
Treadmill
Take a gym class



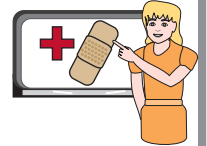
TAKING MEDS

Take meds to stay healthy



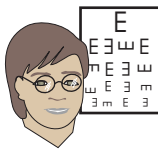
LEARN FIRST AID

Taking care of myself
CPR



EYE DOCTOR

Have my eyes checked



DENTIST

Have my teeth cleaned



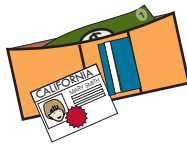
EXERCISE

Do exercises to stay healthy



EMERGENCY INFO

My ID card
Health information
Where I live



WALK SAFELY

Walking in the city
on busy streets



GO TO DOCTOR

See my doctor when
I am sick



USE THE BUS

To work and home
Learn how to use the bus
In the community



MY CHOICE

MY CHOICE