

Lifeworks

A nonprofit serving
people with disabilities

SELF-ADVOCACY CONFERENCE: MY COMMUNITY & MY RIGHTS

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Alternate formats of this manual are available upon request.





ABOUT LIFEWORKS

Lifeworks is a Minnesota 501(c)(3) nonprofit organization. Since 1965, Lifeworks Services Inc. has been a champion for inclusion. Lifeworks was founded by families who recognized the importance of advocacy and removing barriers for people with disabilities to be part of the community.

As an industry leader, Lifeworks continues our commitment to self-determined support, careers with competitive wages, and developing innovative opportunities that enhance lives. Lifeworks' goal is to take a person-centered, person-first approach to support people in reaching the level of independence and inclusion they aim to achieve.

Through services that provide choice and foster community – as well as through partnerships with over 400 community organizations – Lifeworks serves over 2,800 people with disabilities and their families across Minnesota.

LIFEWORKS MISSION

The Lifeworks mission is to serve our community and people with disabilities as we live and work together.

LIFEWORKS VISION

We are passionately committed to fostering a greater understanding of people with disabilities so that they are heard, their interests are respected, and their contributions valued.

LEARN MORE

For more information about our services and impact, visit: www.lifeworks.org.



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INTRODUCTION & WELCOME

Welcome to Lifeworks ***Self-Advocacy Conference: My Community & My Rights***, co-sponsored by Lifeworks and the Minnesota Governor's Council on Developmental Disabilities. We are so excited to be here with you today. This workshop is all about providing you with the resources to determine your own interests and goals for community engagement. We also are excited about providing space for people with disabilities to connect with peers, community partners, and allies.



Each session will also seek pinpoint common barriers to inclusion and identify successful approaches to advocacy. Each topic area includes resources and guidance from peer mentors and subject-matter experts, as they will provide insight about success and struggles related to community engagement and applicable resources for encouraging self-advocacy.

This Participant Workbook also contains a version of the *Lifeworks Progression Tool: Identify What Matters to You™*. We want this tool to provide you with choice, to determine your own interests, to identify your skills and what is important to you, and to set your own goals for the workshops and beyond. If

independence is a goal for you—what does that look like for you? It might look like finding ways to decrease reliance on paid staff. Or it might look like learning more about savings accounts, or retirement planning. Whatever it is, we want to be here as a resource to support you.

Our hope is that after finishing these workshops, you will leave with key takeaways, personalized action plans, and this guidebook on ways to access resources in your community. ***Self-Advocacy: My Community & My Rights*** focuses on equipping adults and young adults with resources to exist and thrive outside of disability-only services. Our goal is to foster a sense of belonging while increasing opportunities for meaningful community inclusion.

Thank you for being here, and we are so excited to begin this journey with you.

Sincerely,

Ashley Oolman

Lifeworks Disability Inclusion Consultant

Alli Strong-Martin

Lifeworks Disability Inclusion Consultant

CONFERENCE OVERVIEW

Schedule & Agenda

8:50-9:00 AM

WELCOME & INTRODUCTION
Lifeworks Services

9:00-10:30 AM

IDENTIFY WHAT MATTERS TO YOU
Institute on Community Integration

10:30 AM-12:00 PM

SELF-ADVOCACY & CONNECTING WITH OTHERS
Advocating Change Together

12:00-1:30 PM

TECH ACCESSIBILITY & CIVIC ENGAGEMENT
The Arc Minnesota

1:30-3:00 PM

UNDERSTANDING YOUR CIVIL RIGHTS
Minnesota Disability Law Center

3:00-4:30 PM

COALITION-BUILDING & PARTNERING FOR JUSTICE
Minnesota Disability Justice Network

4:30-4:45 PM

CLOSING & THANK YOU
Lifeworks Services



About the Hosts

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Ashley Oolman, Disability Inclusion Consultant at Lifeworks Services, transforms workplaces through accessibility tools, evidence-based best practices, and compliance assessments. From large corporations to small businesses, she guides strategic inclusive hiring and retention initiatives to diversify talent and advance disability employment. With more than a decade of leadership experience in advocacy, employment, and workplace culture, she understands how to navigate complex environments to provide insight for growth. Ashley has an MBA with a concentration on human resource management and a BA in psychology with a minor in human development and family studies. She is committed to inclusion as a means to advance human rights for all people, in all walks of life.

Alli Strong-Martin, Disability Inclusion Consultant at Lifeworks, coordinates internal innovation and inclusion efforts at Lifeworks, and leverages intensive research to develop new products to advance disability inclusion externally in private, public and nonprofit sectors. Alli holds a Master's Degree in Human Rights from the University of Minnesota-Twin Cities, and a B.A. in Youth & Nonprofit Leadership. She has experience working in diverse settings across the disability services sector: from direct support roles in outdoor recreational programs, to international development and disability training, to global disability rights advocacy, to now, at Lifeworks, promoting the human rights to community inclusion and equal opportunity for people with disabilities in Minnesota and beyond.

About the Presenters

INSTITUTE ON COMMUNITY INTEGRATION (ICI)

Jody Van Ness

Jody Van Ness, MA is employed by the University of Minnesota's Institute on Community Integration (ICI). Jody works on team within the Research and Training Center on Community Living (RTC-CL) that provides a wide range of research, training, and technical assistance and dissemination projects related to community supports. Ms. Van Ness also provides writing, consultation, and coordination support for new courses in the College of Direct Support, drawing on a varied background in writing, editing, teaching, and educational consulting. Her personal and professional experiences provide a strong foundation of knowledge on person centered practices and self-determination. Most importantly, Jody points out that she has learned what's most important from her adult son who lives with autism.

Andy Hofer

Andy Hofer is an accomplished young adult living with autism spectrum disorder. He participates in Special Olympics, enjoys spending time with friends bowling, going to movies and eating at his favorite restaurants. He enjoys his work at Medtronic.. Andy lives in his own apartment with a roommate and participates in an ordinary life as a valued member of his community.

Darren Schweiger

Hello and thanks for participating in this virtual self-advocacy conference! I am currently participating in an ongoing opportunity to provide direct support for an independent living skills development initiative through Mains'I Services. This organization is facilitating a coaching program for individuals transitioning from community living arrangements to homes with more room for person-centered planning. Being involved in these relationships has been incredibly rewarding and continues to provide challenges as a source of personal growth. In my free time, I enjoy biking, writing music, and reading a good book.

ADVOCATING CHANGE TOGETHER (ACT)

Patrick Mitchell

Patrick has been working to empower self-advocates with Advocating Change Together (ACT) since 2014. As Program Director, Patrick gets to have a hand in most of ACT's work. These programs use interactive learning, games, art, music and laughter to help people with disabilities build personal power, connect with disability rights, and build stronger communities.

Patrick has a BA in Political Science and is on track to get his Masters in Public and Nonprofit Administration from Metropolitan State next spring. He enjoys an active lifestyle with his wife and dog and may be spotted wearing a mask around the many great biking, hiking and running trails throughout the Twin Cities.

THE ARC MINNESOTA

Dhanya Delehanty

Hello, my name is Dhanya Delehanty and I am the Self-Advocacy Coordinator at The Arc Minnesota. I am from Rochester, MN so I work in the Southeast office. I have been working at The Arc for a little over a year now. Before working at The Arc Minnesota I worked in nursing homes and group homes, and volunteered abroad. I received my Bachelors in 2018 from University of Wisconsin- La Crosse where I majored in Therapeutic Recreation and minored in Psychology. I came to The Arc Minnesota to learn and advocate for people with different abilities.

Angie Guenther

Hi! My name is Angie Guenther and I'm the Project Manager of the Metro Regional Quality Council, which is a program within The Arc Minnesota. I have been with The Arc for almost two years. Before coming to The Arc, I had over 4 years of experience working with children and adults with various abilities in a number of different roles and settings. I have a Master's Degree in Public Health from the University of Minnesota's School of

Public Health and I'm passionate about equitable systems change. A fun fact about me: I was a Division I track athlete in college.

Karli Harguth

Hi, my name is Karli Harguth. I am from Winona MN. I have been involved with Self-Advocacy for the past 9 years. I am involved in SAM SE Region where I am currently serving as Vice Chair. I am also involved in Winona's People's 1st group. I also am on several groups committees to help support and improve Self-Advocacy. A fun fact about me: my best friend and companion is my dog Lady Pugglesworth.

Katie McDermott

Hi, my name is Katie McDermott. I am from St. Paul, MN. I have been part of self-advocacy for a long time. It all started for me in 2006 with The Shooting Stars at Merrick Inc. They help me understand self-advocacy and showed me how to advocate for myself. After that experience, I've been busy! I was an Act board member, part of the SAM leadership circle, a 2011 Partner in Policy graduate, and I made a peer mentor position at Merrick Inc. When the Self-Advocate Advisory committee started at The Arc, I was just a volunteer. A few years later, all of my hard work has paid off because now I'm now the Advocate Associate at the Arc MN and I lead the Self-Advocate Advisory group. Self-advocacy is my passion it still going strong - we set fire to the rain through the power of self-advocacy. A fun Fact about me: I have three cats Charlie, Gizmo, and Rosie. I love being a cat mom!

MINNESOTA DISABILITY LAW CENTER

Justin Page

Justin is an Assistant Supervising Attorney with Mid-Minnesota Legal Aid/Minnesota Disability Law Center (MDLC). He supervises the MDLC's outreach efforts and voting rights work. Additionally, he litigates disability discrimination cases. He has successfully represented individuals with disabilities in a wide range of disability related cases involving public accommodations and governmental entities. Prior to joining the MDLC, he was a law clerk for Judge Pamela Alexander, Fourth Judicial District of Minnesota, and worked as a legislative aide to the late U.S. Senator Paul Wellstone.

Kristina Petronko

Kristina is an Assistant Supervising Attorney in the Minneapolis office of the Minnesota Disability Law Center (MDLC). MDLC is a statewide project of Mid-Minnesota Legal Aid. Kristina focuses on advocating for people with disabilities who are working or want to work. She also manages MDLC's monitoring program, in which MDLC staff visit facilities across Minnesota that provide services to people with disabilities. Before joining MDLC, Kristina worked at several legal aid programs representing clients with low incomes.

MINNESOTA DISABILITY JUSTICE NETWORK

Noah McCourt

I ran for City Council in Waconia, Minnesota. My opponents attacked me in the local paper on the basis of my Autism diagnosis. It backlashed statewide. I ended up losing by approximately 200 votes. As a result, I do a lot of work with public policy in MN in regards to mental health and disability rights. I spoke at the United Nations in honor of World

Autism Day and also serve as chair of the State Committee on Children's Mental Health and on the Board of Directors of the MN Association of Children's Mental Health. I work with public policy organizations that work to improve the lives of people with disabilities. I have an Autism diagnosis and have an interest in promoting self-advocacy, public policy, and probate law.

About the Peer Mentors

AJANI (AJ) LEWIS-MCGHEE

Ajani "AJ" Lewis-McGhee serves as a member of the Eagle's Cabinet at Allianz Life Insurance Company of North America, an employee-forward advisory council to the company's leadership where he works as a Corporate Service Associate. As a strong voice for his peers, AJ also volunteers with the Disability Hub MN's Insight Panel and is a member of the Athlete Input Council of Minnesota Special Olympics. He received the 2018 Lifeworks Personal Achievement Award. He was elected to the Board in February 2019.

JOVITA (JOSIE) HERNANDEZ

Josie Hernandez is a 29 year old with cognitive disabilities. She lives semi-independently in a private living space within her older sister's home. Regarding the topic of self-advocacy, Josie is passionate about living as independently as possible and has learned ways to do so by virtue of a supportive ecosystem of care providers, services and family. Josie gives voice to this experience by enthusiastically sharing her story with others. For leisure time Josie enjoys swimming, dancing, yoga, hiking and other social activities.

PARTICIPATION CHECKLIST

Use the information below to log into the Zoom meeting

Join Zoom Meeting

<https://lifeworks.zoom.us/j/99910095561?pwd=ZytHeTI5Mko0SIZ2dytHRDVUS3ZLQT09>

Meeting ID: 999 1009 5561

Password: 773795

One tap mobile

+16513728299,,99910095561# US

Dial by your location

+1 651 372 8299 US

Meeting ID: 999 1009 5561

Find your local number: <https://lifeworks.zoom.us/u/aeqoLLGOrG>

Complete the post-conference survey to give us feedback

After the Conference, we will reconnect with registered participants to follow up with post-conference materials. After the Conference, please complete the following survey to provide us feedback on your experience of the conference.

You can access the survey at this link: <https://www.surveymonkey.com/r/3Q5KCV2>.

COMMUNITY RESOURCE GUIDE

Purpose of this Section

You have a right to access your community just like every other person. In fact, many people with disabilities for years and years have been advocating and demanding their rights to accessing their communities—public parks, transportation, schools, businesses, government buildings, and sidewalks. All of these things, (which many people without disabilities take for granted) used to not be accessible to every person.

Below is a list of resources available to you either in our local Minnesota community, or online. Each section below corresponds to each of the topics in the *Lifeworks Progression Tool*™ also found in your participant’s packet.

HOW I WORK (EMPLOYMENT)

Lifeworks Services, Inc.

- <https://www.lifeworks.org/>
- <https://www.lifeworks.org/wp-content/uploads/2019/09/WorkLife-Disability-Employment-Resources-Lifeworks.pdf>

Minnesota Department of Employment & Economic Development (DEED)

- <https://mn.gov/deed/job-seekers/disabilities/>

Job Accommodation Network (JAN)

- <https://askjan.org/>

U.S. Department of Labor, Office of Disability Employment Policy (ODEP)

- <https://www.dol.gov/odep/>

HOW I GET PLACES (TRANSPORTATION)

Minnesota Council on Disability – Transportation Frequently Asked Questions

- <https://www.disability.state.mn.us/information-and-assistance/transportation-faq/>

Transit Link MN

- <https://metrocountil.org/transportation/services/transit-link.aspx>

Transportation Resources by County (Twin Cities Metro Region)

- Anoka County:
 - <https://www.anokacounty.us/331/Traveler-Dial-a-Ride>
- Carver & Scott Counties:
 - <https://www.scottcountymn.gov/560/Disability-Accessibility>
 - <https://www.dot.state.mn.us/transit/riders/county/scott.html>
 - <https://www.shakopeemn.gov/Home/Components/News/News/4866/>
- Dakota County:

- Transportation Guide
 - <https://www.co.dakota.mn.us/Transportation/GettingAround/Documents/GoDakotaTransportationResourceGuide.pdf>
- Hennepin County:
 - Metro Transit: <https://www.metrotransit.org/accessibility>
 - Metro Mobility: <https://www.metrotransit.org/metro-mobility>
- Ramsey County:
 - Metro Transit: <https://www.metrotransit.org/accessibility>
 - Metro Mobility: <https://www.metrotransit.org/metro-mobility>
- Washington County:
 - Updated April 2020, link to transportation updates in light of COVID-19
 - <https://www.co.washington.mn.us/2720/Transportation>

WHAT I DO IN THE COMMUNITY

Library Access during COVID-19

Contact your local library to see what services are still available during COVID-19. Some of the local services still offered at libraries include: contactless curbside pickup, or the ability to apply for an “E-library card” online and be able to access online materials.

- Hennepin County Library
 - <https://www.hclib.org/about/closure-faq>
- Saint Paul Public Library
 - <https://sppl.org/coronavirus/>
- Dakota County Library
 - <https://www.co.dakota.mn.us/libraries/Pages/COVID-19.aspx>
- Scott County Library
 - <https://www.scottlib.org/1921/COVID-19>

Community Education Programs for Adults with or without Disabilities

- Minneapolis Community Education
 - <https://commed.mpls.k12.mn.us/adults>
- Robbinsdale Community Education
 - <https://ced.rdale.org/adult/learn-something-new-develop-friendships-make-connections/windows-of-opportunity>
- Forest Lake Area Community Education Programs
 - <https://www.flaschools.org/Page/585>
- Tri-District Community Education, Access Project
 - <https://www.tridistrictce.org/page/2537>
- Red Wing Community Education
 - <https://redwing.k12.mn.us/page/8340>
- Rochester Community Education
 - <https://www.rochesterce.org/enrichment/adults-with-exceptional-abilities>

Lifelong Learning

- Disability Hub MN
 - <https://disabilityhubmn.org/skills/lifelong-learning>

WHAT I DO AT HOME

Housing Access – Where You Want to Live

- Disability Hub MN – Home (Finding and keeping a home)
 - <https://disabilityhubmn.org/home>

Local MN Independent Living Centers (CILs)

- MinnesotaHelp.info (Independent Living Centers)
 - <https://www.mnhelp.info/SpecialTopics/PeopleWithDisabilities/19696?sm=All&q=&loc=1103+W+Lake+St%2C+Minneapolis%2C+MN+55408&geo=44.948162%2C-93.293538®=Hennepin%2C+MN>
- Independent Living Research Utilization – Minnesota Map of Local CILs
 - <https://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/MN>
- National Council on Independent Living – What is Independent Living?
 - <https://ncil.org/about/aboutil/>

HOW I USE TECHNOLOGY

Assistive Technology (AT)

- MN Housing Benefits 101 – Assistive Technology Guide & Short Video
 - <https://mn.hb101.org/a/46/>
- Web Resources for Assistive and Accessible Technology
 - <https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/resources/assistive-accessible-technology.jsp>
 - <https://www.disability.state.mn.us/information-and-assistance/assistive-technology/>
- United Cerebral Palsy of Central MN/Fridley Public Schools – Computers Go Round / Assistive Technology & Loan Library
 - <https://www.fridleyschools.org/page.cfm?p=2300>

WHAT I DO FOR MY WELL-BEING & MY RELATIONSHIPS WITH PEOPLE

- Disability Hub MN – My Best Life
 - <https://disabilityhubmn.org/my-best-life>

GENERAL SELF-ADVOCACY & COMMUNITY INCLUSION RESOURCES

- Disability Hub MN – My Best Life (I Control)
 - <https://disabilityhubmn.org/my-best-life/i-control>
- MinnesotaHelp.info
 - <https://mnhelp.info/SpecialTopics/PeopleWithDisabilities>

PARTNER ORGANIZATIONS

Institute on Community Integration

The Institute on Community Integration (ICI) at the University of Minnesota pushes the edge of inclusion through an intensive focus on policies and practices that affect children, youth, and adults with disabilities, and those receiving educational supports. ICI's collaborative research, training, and information-sharing ensure that people with disabilities are valued by, included in, and contribute to their communities of choice throughout their lifetime. ICI works with service providers, policymakers, educators, employers, advocacy organizations, researchers, families, community members, and individuals with disabilities around the world, building communities that are inclusive.

ICI is a designated University Center for Excellence in Developmental Disabilities, part of a national network of similar programs in major universities and teaching hospitals across the country. The Institute is home to over 70 projects and six Affiliated Centers, addressing disability issues across the lifespan. Learn more at <https://ici.umn.edu/>.

Advocating Change Together

Advocating Change Together (ACT) is a grassroots disability rights organization run by and for people with developmental and other disabilities. Since 1979, ACT has been creating leaders in the self-advocacy movement, supporting people with disabilities to stand up for their rights and the rights of others. Learn more at <https://www.selfadvocacy.org/>.

The Arc Minnesota

The Arc Minnesota promotes and protects the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion and participation in their communities. The Arc promotes and protects the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion and participation in their communities. People with intellectual and developmental disabilities and their families trust Advocates at The Arc for help in addressing issues that affect their lives. Advocates provide personalized information, navigation, and referrals on disability issues and systems throughout the lifespan. The Arc engages people in public policy advocacy to protect and promote the human rights of people with disabilities. Learn more at <https://arcminnesota.org/>.

The following handouts from The Arc Minnesota can be found here:

<https://www.lifeworks.org/event/2020-virtual-self-advocacy-conference/>.

- The Arc Minnesota – Know Your Voting Rights
- The Arc Minnesota – Get Help Voting
- The Arc Minnesota – Polling Place Accessibility
- The Arc Minnesota – Other Ways To Vote

Minnesota Disability Law Center

Minnesota Disability Law Center (MDLC) is the federally-designated network of lawyers and advocates providing free legal help to people with disabilities in civil cases in Minnesota. We help people with any type of disability, of any age, and at all income levels. MDLC is a statewide project of Mid-Minnesota Legal Aid.

The following handouts from MDLC found here: <https://www.lifeworks.org/event/2020-virtual-self-advocacy-conference/>.

- MDLC – Fact Sheet: Voting
- MDLC – Brochures
- MDLC – COVID-19: Know Your Rights
- MDLC – Top 10 Self-Advocacy Tips
- MDLC – Resource List

Minnesota Disability Justice Network

The Disability Justice Network was founded to engage Minnesotans with disabilities in activism. We seek the ultimate eradication of ableism and prioritize intersectionality and solidarity.

LIFEWORKS PROGRESSION TOOL™

The Lifeworks *Progression Tool*™ was discussed at the **“What Matters to You”** breakout session. You can find it here in the following section.

Lifeworks

PROGRESSION

TOOL

PURPOSE

The Progression Tool™ is a self-assessment intended to expand your capabilities to advocate for yourself and to identify what matters to you, and to recognize the support you need to achieve the future you want.

The Progression Tool™ creates a shared purpose between yourself and the people who support you, while working towards your self-identified goals. It is our hope at Lifeworks that this self-assessment will lead to increased confidence in your own choice making, independence, and daily living.

The progression tool highlights areas a person needs to live an included life by:

1. Solely focusing on a person with a disability's beliefs and desires
2. Ensuring people with disabilities are represented in design and delivery of services
3. Increasing independence through the decrease of reliance on paid staff

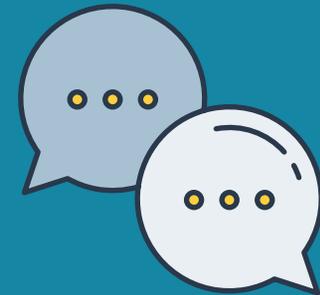
HOW TO USE

Complete the Progression Tool™ either by yourself or with someone you trust and feel supported by. Either way, feel free to use this Tool as a way to communicate with the people who you trust about:

1. What goals you have
2. What matters to you, and
3. What support you need to achieve those goals

Place an “X” in the box under each question that you choose to answer. Complete each topic section thinking about whether or not you are interested in learning more about a particular area of community living, and there is also room for you to select what areas you might need more help in than others. For example, you might be really interested in exploring what it would be like to have a job, but you might also think that you can explore that on your own, without too much help from others. There might be other areas of your life, however, that you are not interested in learning more about (for example, driving your own car), or there might be other areas (for example, feeling comfortable with your knowledge and understanding of safe sex) where you might need a lot of help if you are interested in learning more about a particular topic.

**This document is a shortened version of the Lifeworks Progression Tool™. If you are interested in completing a full version of the Progression Tool™, contact us at aoolman@lifeworks.org



Topic	The amount of support requested			What I want	
Employment	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I am interested in exploring what it would be like to have a job.					
I know how working could change the benefits I receive from the government.					
I have decided I would like to have a job.					
Comments					

Topic	The amount of support requested			What I want	
Places	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I drive my own car.					
I walk and/or use a personal mobility device.					
I take Metro Mobility.					
I take the city bus.					
I take Uber and/or Lyft.					
Comments					

Topic	The amount of support requested			What I want	
Community	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I use the library.					
I volunteer.					
I participate in community education.					
I am part of a faith community.					
I participate in social activities.					
I go to stores when I need to purchase things like food and clothes.					
Comments					

Topic	The amount of support requested			What I want	
Home	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I like where I live.					
I know my address and have a key to my house.					
I can use the kitchen and make a meal.					
If I am hungry, I make food.					
Comments					

Topic	The amount of support requested			What I want	
Financial	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I know what my disability benefits are.					
I have a disability benefits account to keep track of things and plan for my future.					
I have an ABLE savings account.					
I have a checking account.					
I budget my money.					
I make my own money.					
Comments					

Topic	The amount of support requested			What I want	
Technology	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I use technology to connect with others.					
I use technology to get information.					
Comments					

Topic	The amount of support requested			What I want	
Well-Being	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I know what my disability benefits are.					
My benefits don't interfere with my goals and dreams.					
I can communicate with my health care team.					
I can access my health information.					
I am comfortable asking for support to discuss my feelings.					
Comments					

Topic	The amount of support requested			What I want	
Relationships	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I make plans to get together with my friends.					
I have people I consider my family.					
I feel comfortable with my knowledge and understanding of safe sex.					
I have someone to talk to if I feel uncomfortable or unsafe in a relationship.					
I make plans to get together with my friends.					
Comments					

Topic	The amount of support requested			What I want	
Relationships <i>Part II</i>	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I feel comfortable asking community supporters for assistance when using resources in the community.					
When there is an emergency, I know how to contact help.					
I know what my job coach's role is in my life.					
I know what my social worker or case manager's role is in my life.					
I know what my PCA/ILS worker's role is in my life.					
Comments					

Topic	The amount of support requested			What I want	
Guardian	I do this by myself	I need support sometimes	I need support all of the time	Yes, I am interested in learning about this	No, I am not interested in learning about this
I know who my guardian is.					
I understand what my rights are as my own guardian.					
I understand what my rights are if I am not my own guardian.					
Comments					