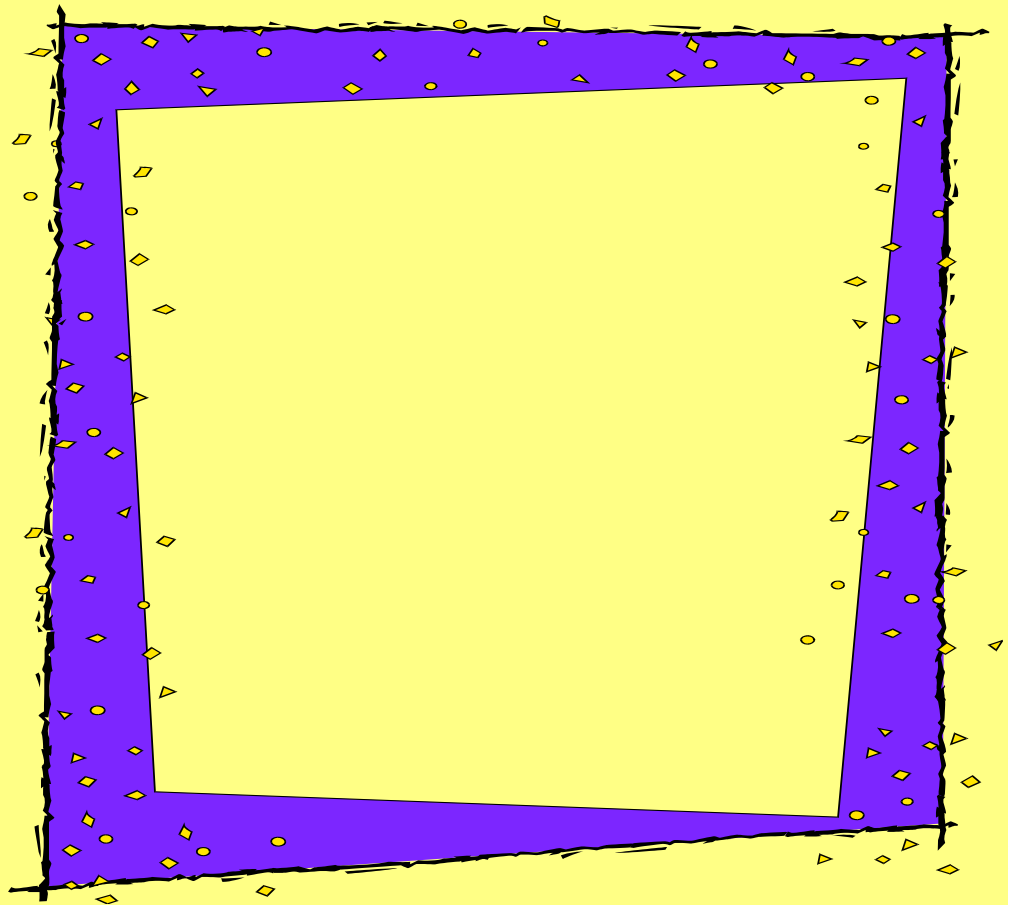


MY VOICE, MY CHOICE

This Book belongs to

*the Advocacy
Alliance*



A Competency Building Workbook

My Voice, My Choice is a project that helps you get to know yourself better, and for others to get to know you better.

Self-Determination is the ability of individuals to make choices that allow them to exercise control over their own lives, to achieve the goals to which they aspire and to acquire the skills and resources to participate fully and meaningful in society. (Adapted from National Center on Self-Determination)

Self-determination is about:

-  Freedom
-  Authority
-  Support
-  Responsibility

Self-determination means being able to plan your own life. Self-determination means that a person makes his or her own decisions. You plan your own future. You take responsibility for the decisions you make. Self-determination will change the service delivery system.

Some of the ideas presented in this workbook are from "Speaking for Myself", which was a project funded through a grant from the Illinois Council on Developmental Disabilities.

If you would like more information about
My Voice, My Choice workbook,
please contact:

Jen Duggan
Director of Advocacy & Community Services



P.O. Box 1368
Scranton, PA 18501
Toll Free at 1-877-315-6855
www.theadvocacyalliance.org

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This is who I live with

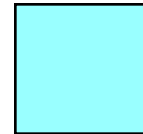
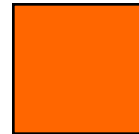
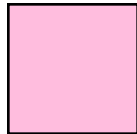
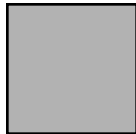
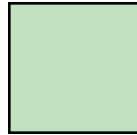
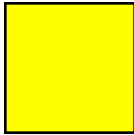
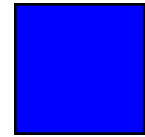
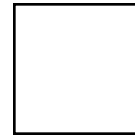
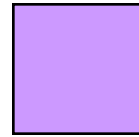
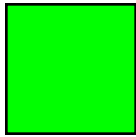
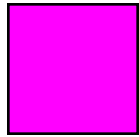
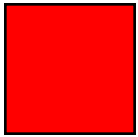


This is who I want to live with _____

Put in same picture or a different picture.

My favorite color is: _____

Circle your favorite color.





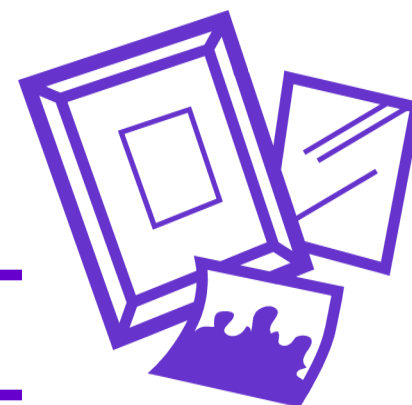
Things I like to do when I am home



Foods I like

Foods I don't like

Important People in My Life



A large, empty square box with a thick black border, intended for drawing or writing.A large, empty square box with a thick black border, intended for drawing or writing.A large, empty square box with a thick black border, intended for drawing or writing.



Places I Have Lived





My birthday is

On my birthday I like to





Vacations I have taken





During the Day I go to

And I leave home at



This is where I spend most of my day



This is where I want to spend most of my day

Put in same picture or a different picture.

Here I am doing

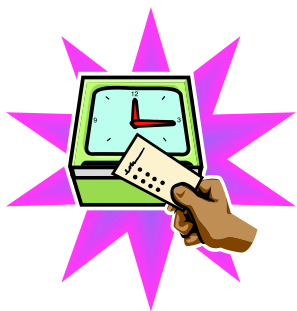
WORK

I work at _____

The names of my co-workers are

These are the days that I work

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



I start work at

My *favorite* activity to do at work is

My *least favorite* activity to do at work is

I would like to work at



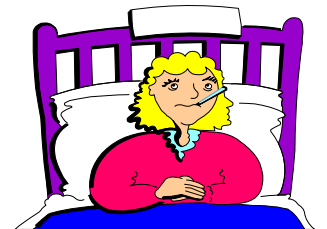
When I am working I like to



I am afraid of _____

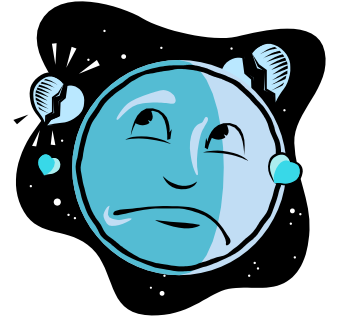


I feel _____ about being sick.



Some new things I would like
to learn are:

What makes me sad?

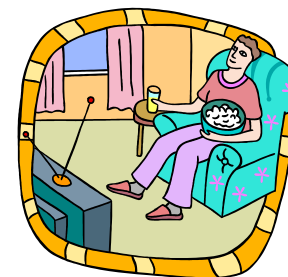
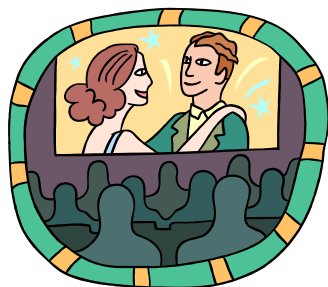


What makes me happy?



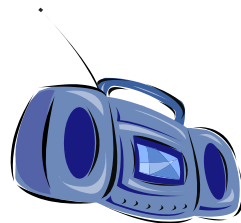


Movies I Like:

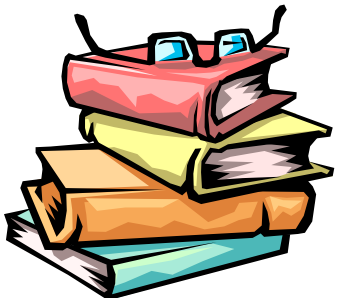




Music I enjoy:

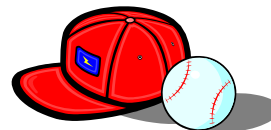
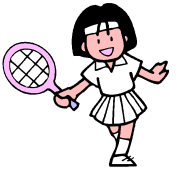


My favorite books are:

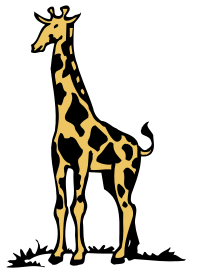
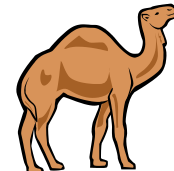
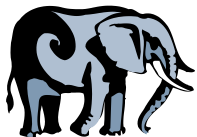
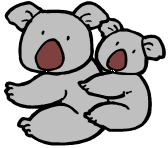


Sports I enjoy:





My favorite animal is _____



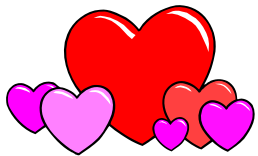
My Favorite Season is



Because

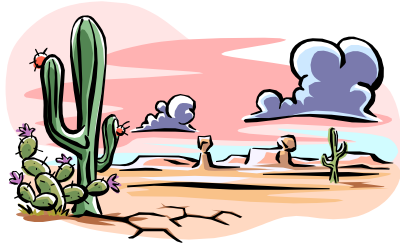
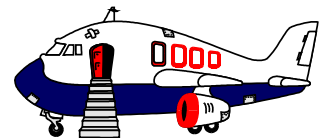
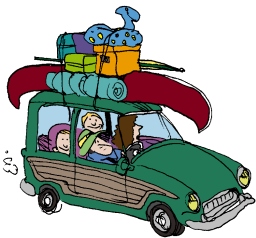


My Favorite Holiday is





Someday I would like to go





Some of us take care of our own money and do our own banking. Some of us have staff or family do this. What does it mean to have control over your money? First, you decide if you need help to handle your money. It means that a person will help you to budget your money and to help pay your bills. They may help write out checks and go to the bank.



Someone helps me manage my
money now. (Circle your answer)

Yes

No

I'm not sure.

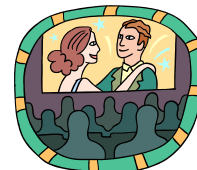
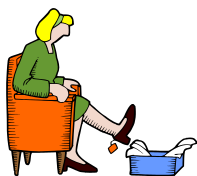
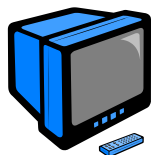
The name of my bank is:



Here are some people who could help
me manage my money



Here are some things I spend money on now



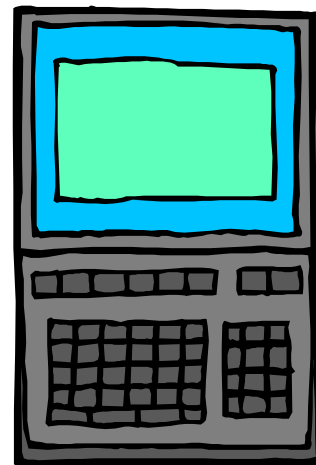
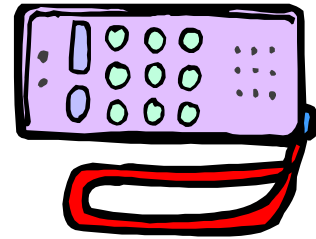
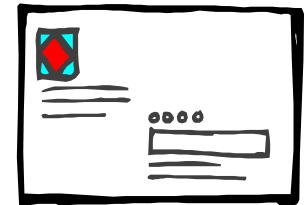


This is something I would like
to buy with my money





Person Centered Planning



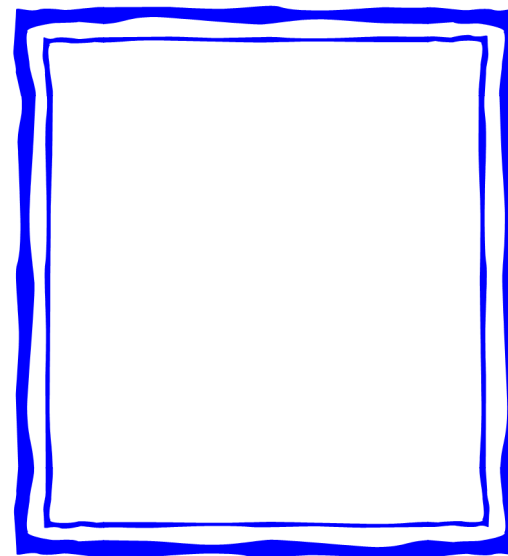
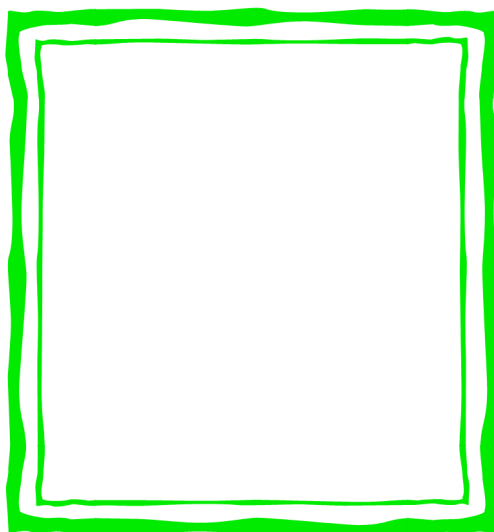
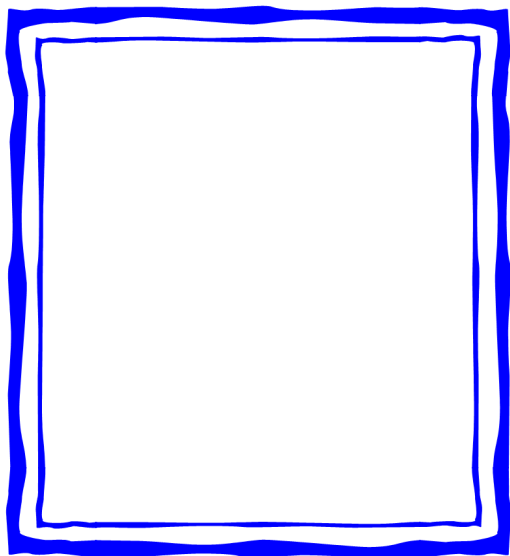
is a process that can help my staff and my family listen to me. It is a way that I can be a part of planning my future.

I can speak for myself.

Below are some names of people and maybe a picture or two of who helps me plan things

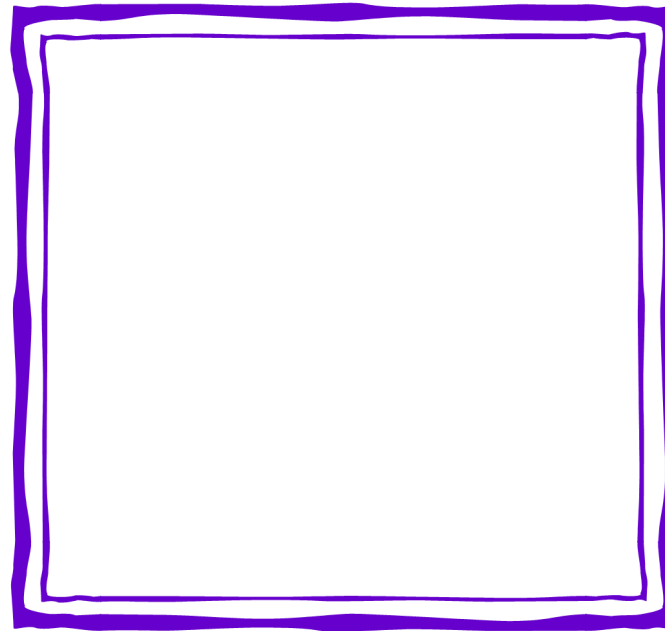


Here are some people I would like to help me plan my future



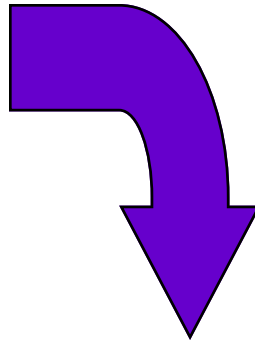
FRIENDSHIPS

Here are some friends that help and support me



☐ I want more friends

☐ I do not want more friends



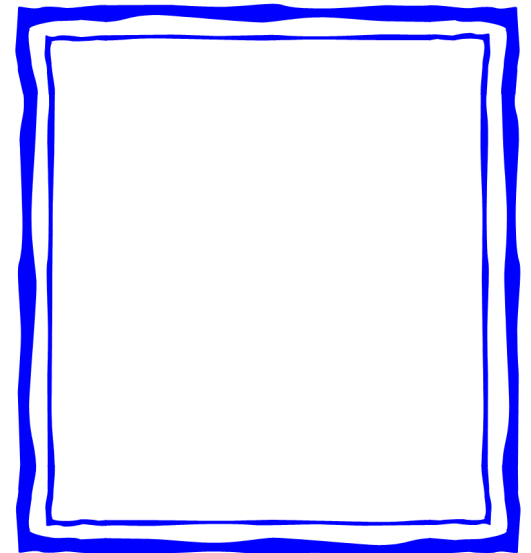
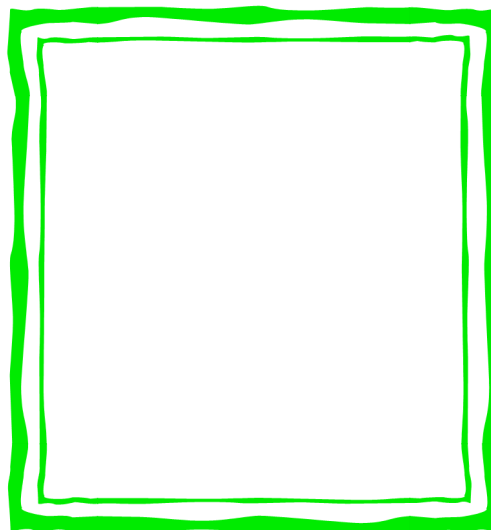
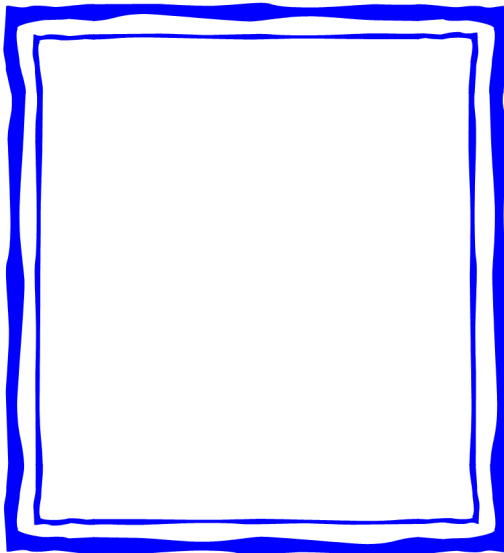
Some things I can do to get more friends are







Some places I can go to meet new people



Health Care



I have the right to make decisions about my health care.
Health Care includes things like:

- ✓ Going to the doctor
- ✓ Going to the hospital
- ✓ Medical treatment
- ✓ Medications
- ✓ Services from a nurse

I have the right to be given information about my body and treatment options. I need to know the good things and bad things that could happen to me because of the choices that I make. I also have the right to ask someone to help me make decisions about my health care. I might need help because I was not able to communicate (because my voice did not work, my communication board was broken, or my hands hurt so I could not use sign language.)

Some people that I would like to help
me make health care decisions are



A large empty square box with a red border, intended for a drawing or image.A large empty square box with a red border, intended for a drawing or image.



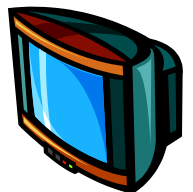
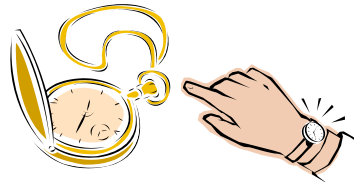
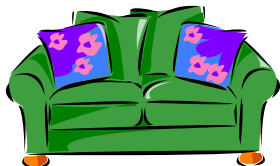
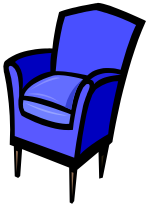
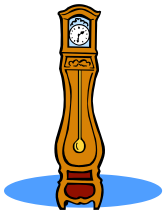
MY WILL

All people have things that belong to them. Some things are valuable and some things are not. Some things are just special to me.

All people will die one day. I have thought about what I want to give to people when I die. I have thought about to whom I want to give my possessions when I die. These decisions are called my Will.

Many adults have a Will. People have a Will so that things that are meaningful to them are given to people they care about. I can make a Will so that I can say what will happen to my money and things when I die.

Here are some things that I can leave to someone else in my Will



Here are the people I want to leave my valuables to:

A Will is a legal document and you should ask an attorney to help you prepare a Will.

