



Step 1: What is your life like now?

Put a check or a mark next to the things you think are true. Also think about things that are not on this list.

Community

- I often go outside my home.
- I know how to get around my neighborhood, town, or city.
- I use a car, shuttle, or public transportation to get around.
- I can do things like run errands and go to the doctor easily.
- I belong to a church, youth group, day center, or other program where I do fun things with other people.
- I see my friends as much as I want to.

Achieve with us.

I can learn new things or take classes.

Health

I am happy with the way I feel as long as I am not sick.

I like my doctor and other medical staff.

My doctor, nurse, or therapist respects me and lets me help make decisions.

I get enough exercise and do physical activities.

I eat right and get enough food.

I know I can pay for the medical care I need.

I usually don't feel stressed out, angry, or upset.

I can get the kinds of care that I need where I live.

Home

I like my house or apartment, and my neighborhood.

My living space is easy for me to move around.

- I like the people I live with, and they treat me well.
- I get to choose where I live and who I live with.
- I can do chores, make food, and take care of myself.

Work

- I have a job, or could get one if I wanted one.
- I am happy with the money I make.
- My boss and co-workers respect me and treat me equally.
- I work with some people who do not have disabilities.
- The place I work is safe and easy to move around.

Self

- I will ask for things I need.
- I am happy with my personal relationships.
- I have skills, talents, and good qualities.
- I respect myself and want other people to respect me.



- I feel safe in my home, community, and workplace.
- I feel supported and in control of my life.

Step 2: What do you wish you could do more?

Put a check or a mark next to the things you think are true. Also think about things that are not on this list.

Community

- I wish I went out more.
- I wish the transportation I used was more accessible.
- I wish I could go out by myself.
- I wish I did more things with other people.
- I wish I knew about more things I could do for fun.

Health

- I wish I could tell people what services I wanted.



- I wish my health care cost less.
- I wish I could talk to someone about how I feel when I am sad or upset.
- I wish I could get care closer to my home, or in my home.
- I wish I got sick less, got more exercise, or felt better.

Home

- I wish I lived in my own house or apartment.
- I wish I felt safer where I lived.
- I wish I could live with my family, girlfriend, or boyfriend.
- I wish someone lived with me to help me take care of myself and my house.
- I wish I had more company at home.

Work

- I wish I had a job.

Achieve with us.

- I wish I made more money.
- I wish I could get a promotion, reward, or bonus.
- I wish I worked in the community.
- I wish my boss and coworkers did not treat me differently.
- I wish my boss and coworkers knew more about what I need to be good at my work.

Self

- I wish I could do more things for myself.
- I wish I could make more of my own decisions.
- I wish I had more people I could trust to help me.
- I wish I had more friends, a girlfriend, or boyfriend.
- I wish I could learn more things and new skills.
- I wish other people saw more good things about me.

Step 3: What do you need help with?

Put a check or a mark next to the things you think are true. Also think about things that are not on this list.

Community

- I need help learning where to go and not getting lost.
- I need help getting on the bus, the train, or the subway.
- I need help finding groups of people I can hang out with.
- I need help finding places to take classes, play sports, or do other activities.

Health

- I need help paying for health care.
- I need help getting to the doctor.
- I need help with my medication.



- I need help knowing what kind of care to ask for.
- I need help doing fitness activities or knowing healthy food to eat.

Home

- I need help moving around the place I live.
- I need help cooking, cleaning, and doing chores inside.
- I need help taking care of the outside of my house.
- I need help dressing, showering, or eating.

Work

- I need help getting to work.
- I need help moving around, using the bathroom, or using the kitchen at work.
- I need help finding a job.
- I need help thinking about what I will do when I retire.

Self

- I need to know where to go to get help.
- I need help showing people the right way to treat me and act around me.
- I need help talking to my family, spouse, caregiver, or doctor.
- I need to know things I can do to be independent and make my own decisions.

Step 4: Who do you know who can help you?

Put a check or a mark next to the people you trust to help you in each place. Also think about people you know who are not on this list. When you are done, look at the other people (not checked) on the list to think about what other kinds of support you need.

Community

- Teacher
- Counselor
- Pastor, priest, or church group leader
- Coach
- Friends
- Boyfriend, girlfriend, or partner



Health

- Doctor
- Nurse
- Caregiver or support person
- Case manager, support broker, or support coordinator

Home

- Parents
- Siblings
- Other family members
- Husband, wife, or partner
- Neighbors
- Landlord
- Roommates
- Companion



Personal care worker

Work

Boss

Coworkers

HR person

Job coach

Personal assistant

Self

You! You can always help yourself by asking questions and speaking up about what you need and want.

Step 5: Where can you go to get more help?

Put a check or a mark next to the places you know you can get help with the things you wished for. Also think about places you know that are not on this list. When you are done, look at the other things (not checked) to get ideas about more places you can find out about.

Community

- Day centers and programs
- Churches and youth groups
- Your state DD Council
- Special Olympics
- School boards, guidance counselors, or PTAs
- Community colleges



Health

- Your state Medicaid agency
- Your health care provider
- Your employer (if you have or want insurance)

Home

- An approved housing counseling agency

Work

- Human Resources department
- Union

Self

- Self-Advocacy organizations like The Arc, People First, Self-Advocates Becoming Empowered (SABE), and the Autistic Self-Advocacy Network (ASAN).



Resources: Where you can go for next steps

This is a list of places you can go, based on your wishes and needs, to help you make your life the way you want it to be.

Autism NOW

1660 L. Street NW, Suite 301

Washington, DC 20036

202.600.3480

Toll Free: 855.8Autism (1.855.828.8476)

Fax: 202 534-3731

E-mail: info@autismnow.org

Website: <http://autismnow.org/>

Autism NOW is a national autism resource and information center that provides information about community-based

Achieve with us.



options for people with autism and other developmental disabilities.

Autism Society of America

Autism Society

4340 East-West Hwy, Suite 350

Bethesda, Maryland 20814

Phone: 301.657.0881 or 1.800.3AUTISM (1.800.328.8476)

Website: <http://www.autism-society.org/>

At this site, you can sign up and log in to view ASA's resources and receive their newsletter. Or you can contact the Society by phone or mail.

Autism Speaks Family Resource Guide

Email: contactus@autismspeaks.org

Family Services Email: familyservices@autismspeaks.org



Website:

<http://www.autismspeaks.org/community/fsdb/search.php>

Autism Speaks provides a very detailed state-by-state list of places to go for specific needs. It can tell you things like where to find preschools, services for adults, or legal and financial services.

The Autistic Self-Advocacy Network

Autistic Self Advocacy Network

PO Box 66122

Washington, DC 20035

Website: <http://www.autisticadvocacy.org/>

ASAN is a self-advocacy network for adults and youth with autism. It helps empower people with autism to speak up about their needs, rights, and opportunities to improve access for all people with disabilities.



Easter Seals

233 South Wacker Drive, Suite 2400

Chicago, IL 60606

312-726-6200 (voice)

312-726-1494 (fax)

800-221-6827 (toll-free)

Website: <http://www.easterseals.com/site/PageServer>

Easter Seals is a large national network of service providers that also does outreach, education, and advocacy for people with many kinds of disabilities.

Healthcare.gov

Website: <http://www.healthcare.gov/>

This is the government's website on health care. By answering a few questions about yourself, it can show you different Medicaid plans and services available in your state.



It also shows other options, like Medicare and private insurance.

National Gateway to Self-Determination

Website: <http://www.aucd.org/ngsd/template/index.cfm>

This site is a resource center on self-determination funded by the put together by five University Centers for Excellence in Developmental Disabilities (UCEDDs). The resources in this guide are grouped so that you can find what you are looking for based on your age, needs, and what kind of media you want it in.

National Youth Leadership Network

Betsy Valnes, Executive Director

National Youth Leadership Network

PO Box 5908



Bethesda, MD 20824

Phone: 1-866-480-6565

Website: <http://www.nyln.org/>

NYLN is the only disability advocacy organization in the country led by youth. It supports people between the ages of 16 and 28 to help them become the next generation of leaders in disability rights.

Project Vote

Website:

<http://www.sabeusa.org/govoter.php?catid=274&state=usa>

Project Vote is about helping people with disabilities become more politically active, but this site also contains a list of many useful contacts grouped by state. This includes Protection and Advocacy organizations, People First groups, and DD Councils. This list was recently updated.



Self-Advocacy Online

Website: <http://www.selfadvocacyonline.org/index.asp>

This directory has some resources for self-advocates, and can help you find advocacy groups in your state as well.

Self-Advocates Becoming Empowered (SABE)

Self Advocates Becoming Empowered

P.O.Box 30142

Kansas City, MO 64112

Email: SABEnation@gmail.com

Website: <http://www.sabeusa.org/>

SABE is a national organization of people with disabilities dedicated to self-advocacy. It is governed by a board representing 9 different regions across the country, and it has regional representatives in each one.



Sibling Leadership Network

Phone: (312) 884-1756

Email: john.kramer@siblingleadership.org

Website: <http://www.siblingleadership.org/>

The Sibling Leadership Network is a group of brothers and sisters of people with disabilities who advocate for better family support. They help siblings work with their brothers and sisters with disabilities to become more independent and empowered.

State DD Councils

1660 L Street, NW, Suite 700, Washington, DC 20036

Phone: 202.506.5813

Fax: 202.506.5846

E-mail: info@nacdd.org



Website: <http://www.nacdd.org/site/home.aspx>

Every state has a government council dedicated to serving people with developmental disabilities. This organization can help you find the council in your state.

State Medicaid Agencies

Check your state's page on our State-by-State Information section to get the contact information for your state's Medicaid agency.

Medicaid agencies will be able to tell you what plans and services might be available to you, and can refer you to a counselor or case manager.