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AZ Relay Service 7-1-1



“This program was funded through a contract with the Arizona Department of Economic Security. Points of view are those of the author and do not necessarily represent the official position or policies of the Department.”

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To request this document in alternative format or for further information about this policy, please contact: Lynn Black at 602/ 443.0729.”

Para obtener este documento en otro formato u obtener información adicional sobre esta política, Lynn Black at 602/ 443.0729.”



THIS IS MY LIFE

Self-Advocacy Making Choices Directing Your Life



Individual or group trainings for people 16 and over using DDD services

ABOUT ABILITY360

Ability360 is a non-profit 501(c)(3) organization and the largest Center for Independent Living in Arizona. Since 1981, Ability360 has offered a wide variety of empowering programs, including: Advocacy; Information & Referral; Independent Living Skills; Peer Support; Home Care Services; Employment; Home Modification; Early Intervention; Reintegration; and Sports, Fitness & Recreation.

ABILITY360 MISSION

Ability360 offers and promotes programs designed to empower people with disabilities to take personal responsibility so that they may achieve or continue independent lifestyles within the community.

ABILITY360 CENTER

Ability360 and the Ability360 Sports & Fitness Center are co-located with 11 other disability services organizations on the Ability360 Center campus at 50th St. and Washington in Phoenix.

ABILITY360

ADVOCACY | INDEPENDENCE | EQUALITY



LEARN SELF-ADVOCACY:

- Say what you need and want
- Feel better about yourself
- Work towards something you want
- Know how to solve problems
- Have better relationships
- Use your words respectfully
- Improve communication with friends, family, staff, guardians, employers and doctors

LEARN SELF-DETERMINATION:

(Make Choices)

- Understand DDD services and how to make changes
- Learn about other community services
- Learn your rights and responsibilities
- Speak up at your ISP (Big Meeting) to get what you want and need
- Make choices in your life, like what to wear and where you live, work and play

HOW DO I START?

Ask your DDD Support Coordinator for a referral or call Lynn at Ability360!

Lynn Black, MSW-LCSW

This Is MY Life Program Manager
(602/ 443.0729 or LynnB@ability360.org)

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No DDD service dollars used.