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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.”

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# ESTA ES MI VIDA

Autogestión Toma de decisiones Dirección



**Entrenamientos individuales y grupales para personas de 16 en adelante usando los servicios de DDD**



ACTIVISMO | INDEPENDENCIA | EQUIDAD



### 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; 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](mailto:LynnB@ability360.org))

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