



## 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.

### MAIN OFFICE

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AZ Relay Service 7-1-1

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“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.”

“Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Ability360 prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Ability360 must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, Ability360 must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that Ability360 will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible.

To request this document in alternative format or for further information about this policy, please contact: 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

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

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