THIS IS MY LIFE

A free DDD program that offers skill training to DDD members.

ABOUT ABILITY360

Ability360 is a nonprofit agency for and by people who are disabled. We offer a wide number of programs, including: speaking up for yourself and others; Info & Referral; Life Skills; Peer Support; Home Care Services; Employment; Home Revisions; and an adapted Sports Center.

ABILITY360 CENTER

The center and gym are with 9 other service agencies. Located near 50th Street and Washington in Phoenix.
LEARN SELF-ADVOCACY:
(How to Speak Up!)
— Learn about yourself
— Feel better about yourself
— Say what you need and want
— Know how to solve problems
— Work towards something you want
— Be heard! Choose a trusted person to help you
— Improve how you talk with family, guardians, friends, staff, employers and doctors

LEARN SELF-DETERMINATION:
(How to choose what you want and make choices in your life)
— Learn about community things to do
— Learn your rights and responsibilities
— Decide who to ask for help when you need it
— Understand DDD services and how to make changes
— 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 or email Lynn at Ability360!

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Free program - no DDD service dollars used!