ABOUT ABILITY360

Ability360 is an accessible, non-profit, Center for Independent Living resources center in Phoenix with over 40 years of offering programs that empower people with all disabilities.

Ability360 Programs include:

- Advocacy - Individual and Systems
- Self-Advocacy Skill Training
- Social Security Benefits to Work Consultations
- Peer Support / Peer Mentors
- Information and Referral
- Life Skills Training
- Home Care Services
- Home Modifications
- Transition Services- Youth, Employment, Assistive Living or Nursing Home
- Socialization Activities
- Sport and Fitness Center- 45,000 sq ft Accessible Center

MAIN OFFICE
5025 E. Washington St.
Suite 200
Phoenix, AZ 85034

602-256-2245 (v)
AZ Relay Service 7-1-1

info@ability360.org

“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, MSW-LCSW

TIML Program Manager
LynnB@ability360.org - 602.443.0729 Direct VM

THIS IS MY LIFE

Free Self-Advocacy & Self-Determination Trainings

Personal or Group Training for People in DDD, 16 years and older

ABILITY360
Speak Up | Make Choices | Direct Your Life
LEARN SELF-ADVOCACY
Self-Advocacy Classes: Learn how to speak up for yourself

- Self-Advocacy Skills – Speaking up for yourself
- Believing In Yourself – Self-Esteem, Knowing Yourself
- Communications – How to Say What You Mean
- DDD Planning Team Meeting – Speak up for the things important to you

LEARN SELF-DETERMINATION
Self-Determination Classes: Learn about the choices you have. Then YOU decide which choice you want for your life.

- Self-Determination – Making Choices
- Goal Planning – Dream It, Set Goals, Take Action!
- Problem Solving – Steps to find solutions
- Rights – Everyone has Rights & Responsibilities

HOW DO I START?
Ask your Division of Developmental Disabilities (DDD) Support Coordinator or email Lynn at Ability360!

Lynn Black, MSW-LCSW
This Is MY Life Program Manager
(602) 443-0729 Voicemail
LynnB@ability360.org

Free program - no DDD service dollars used!