

Moving Forward

Congratulations!

You've done it! You've finished this workbook, and now you're well on your way to being able to get the supports that are right for you. Knowing how to do these things means you've taken a huge step forward in being able to live the adult life you want to live.

The following is a review of the basic steps for getting the supports you need:

1. Decide what goal you want to work on or what problem you want to solve.
2. Decide what tasks you have to do to reach that goal or solve that problem.
3. Decide what tasks you can do yourself.
4. If you need some help, think about the kinds of supports that would be most useful.
5. When you ask other people for help, be very clear about what it is you need. Also ask other people to be very clear about what they can and can't do for you.
6. Make sure you ask yourself if the help you are getting is really the help you need.
7. If you are getting the help you need, be sure you thank the people who are helping you. Asking other people what you can do for them is a good way to give back.
8. If you're not getting the help you need, try to figure out what the problem is. Talk with the person who is helping you, and see if you can come up with a solution together.

9. If you can't come up with a solution, think about other kinds of supports that might be helpful.
10. Remember that every time you let someone know what you're thinking or feeling, or ask for something you need, you are using self-advocacy skills... and self-advocacy is *the key* to getting the supports you need to live the life you want!

What if I'm still not sure I can do all this?

This workbook was meant to give you a basic idea of how to get the supports you need. That means the next time you have a new goal you want to reach, or a new problem you want to solve, you'll know where to start. It will take time to feel comfortable using these skills, but the more you practice, the easier it will get. And these are skills you'll use again and again throughout your life, so you'll have lots of chances to practice them!

Activity:

- **Remember the “Resource Activity” you completed in the chapter called, “Understanding Supports?” It’s included at the end of this chapter, too. Try completing it again. Then compare your answers to the answers you gave the first time you did this activity.**
 - **Are you able to think of more resources now than you were before?**
 - **Do you have a better understanding of the differences between natural, community and formal supports?**
 - **Take a moment to appreciate all you’ve learned!**

Are there other resources I should know about?

You know about a lot of resources already, but as time goes on you'll learn about others. It's the kind of learning that never stops. That's because your needs will change *and* the supports that are there for you to use will change. But the good news is, you have the skills to stay up-to-date with who you are, what you need, and how to get what you need.

What should I do with my portfolio?

Your portfolio contains important information that will help you get new supports whenever you need them. Keep your portfolio handy, and remember to add to it over time.

This workbook also has different worksheets to help you remember how to get, evaluate, and manage your supports. It's fine to keep using them, and to make as many copies as you need.

What if I forget some of the steps for getting supports?

If you're feeling like there's too much to remember, just taking the following three steps will help you get the supports you need:

- 1. Decide what you want to do**
- 2. Think about what you can do on your own and what you need help with**
- 3. Let other people know what you want to do and what you need help with**

Now take a moment to celebrate!

Knowing how to figure out what you want to do, and what supports you need to do it, is one of the most important adult skills you will ever learn. You deserve to celebrate all the hard work you have put into learning this skill.

Activity:

- **With your classmates, plan a celebration!**
 - **Invite teachers, parents, guidance counselors, friends, and anyone else that you'd like to share the day with.**
 - **Make a poster that shows a goal you chose to work on, and the supports you used to achieve that goal.**
 - **Thank the people who helped you reach this goal.**
 - **Paint a picture, write a poem, or play a favorite song to show other goals you'd like to achieve.**

Is there a way to help other students learn what I've learned?

Maybe you've had a chance to talk to someone who's already graduated from high school. If so, you know how helpful it can be to ask questions and hear about the ups and downs of someone else's experiences. Now you can share your experiences with other students who are just starting to think about these things. You don't need to be an expert; you just need to talk honestly about what you've learned as you've planned for the adult life you want to live.

Activity:

- **Find a way to share what you've learned.**
 - **Offer to help a student who will be going through this workbook next year.**
 - **Offer to come back as a "recent graduate" to talk about your own experiences in person.**

Resource Activity

1. If you wanted to borrow a book to read, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

2. If you could not see and wanted to read a book, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

Resource Activity (cont.)

3. If you needed a ride to the store, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

4. If you wanted to talk to someone about an argument you had with a close friend, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

Resource Activity (cont.)

5. If you wanted to cash your pay check, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

6. If you wanted to find out about apartments to rent, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

Resource Activity (cont.)

7. If you needed help cooking your meals and getting dressed each day, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

8. If you wanted help finding out about jobs in your community, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

Resource Activity (cont.)

9. If you wanted help finding out about careers that might be right for you, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

10. If you needed help understanding what you're supposed to do at your job, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

Resource Activity (cont.)

11. If you needed a ride every day to go to work, you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

12. If you wanted to find out about colleges you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

Resource Activity (cont.)

13. If you wanted to find out about disability services at a college you wanted to attend you would _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

14. List one thing you have done in the past and the kind of help you used to do it: _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

Resource Activity (cont.)

15. List one thing you would like to do in the future, and the kind of help you might need to do it: _____

This is an example of a:

Natural support _____ Community support _____ Formal support _____

Assistive Technology _____ Environmental Adaptation _____

*Adapted from: Wehmeyer, M. (1995). Whose Future Is It Anyway? The Arc National Headquarters: Arlington, TX.