

Things To Do



- a) Split up into pairs.
- b) One person starts by telling the other person a short story lasting three or four minutes long. It could be about something you did last week, or about where you live.
- c) At the end of the story, the other person has to repeat back what he/she heard.
 - Did the person get it right?
 - Did he/she look as though he/she was listening?
 - What sort of things did the person forget?
- d) Switch turns when you have done this and give the other person a chance to tell a story and for the other person to listen to the story.

You may decide to have someone who does not have a developmental disability at your meetings as an advisor or supporter.

Someone who is on your side can be a great help.

Often, a lot more can be done if you get help from other people, than if you struggle on your own.

Self Advocacy on Your Own

There are many people with developmental disabilities who speak up for themselves on their own and there are many others who would like to do so.

Individuals can be successful self advocates.

There are many times when this is important.

For example:

When plans for your future are being discussed at the training centre or at the place where you live.