

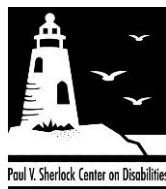
**This Adapted Literature resource is available through the Sherlock Center Resource Library.**

The text and graphics are adapted from the original source. These resources are provided for teachers to help students with severe disabilities participate in the general curriculum. Please limit the use and distribution of these materials accordingly.

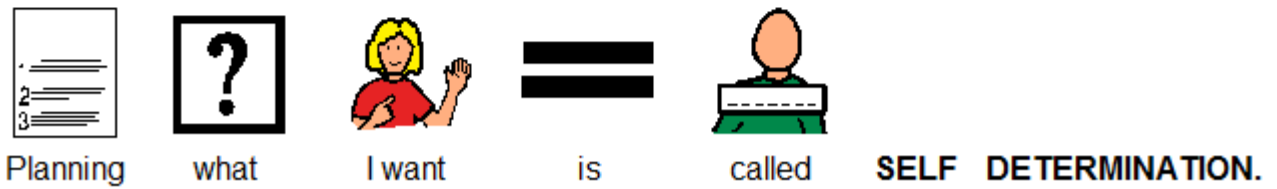
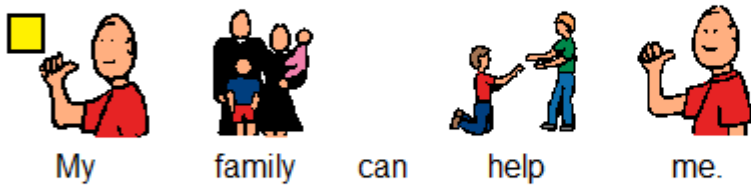
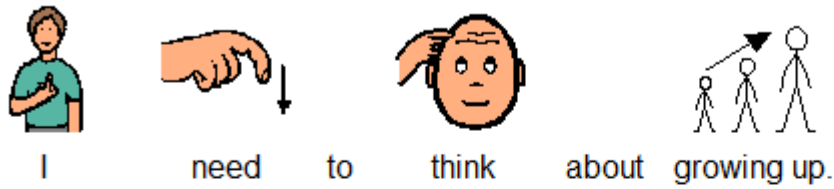
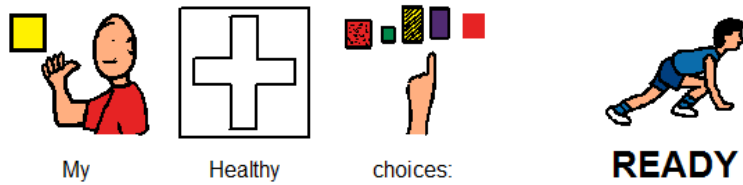
**PLEASE NOTE:**

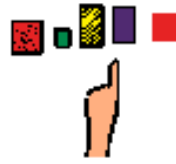
The original English and Spanish versions of Get Set? My Health My Life and instructions for parents and teachers for using this publication with youth can be found at

<http://www.ric.edu/sherlockcenter/health.html>.

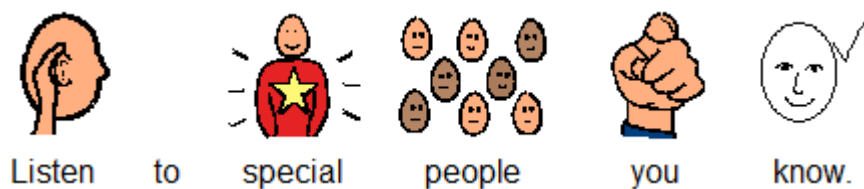
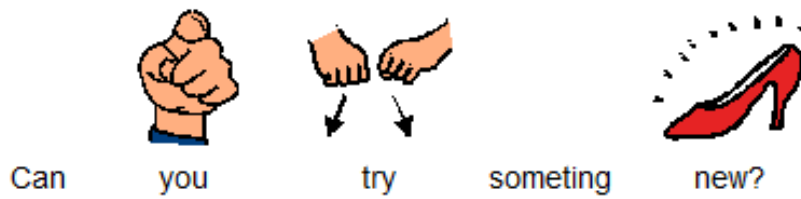
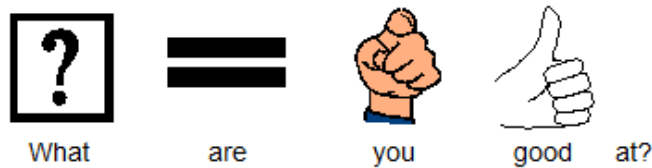
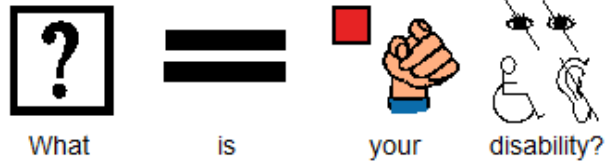


**Paul V. Sherlock Center on Disabilities @ Rhode Island College**  
600 Mt. Pleasant Avenue, Providence RI 02908  
401 456-8072 Ph.      401 456-8773 TDD      401 456-8150 FAX  
[www.sherlockcenter.org](http://www.sherlockcenter.org)

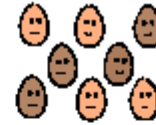




# MAKING CHOICES



# SELF ADVOCACY



**SELF ADVOCACY**

means

you

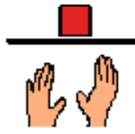
tell

people

what



you



want.



Ask

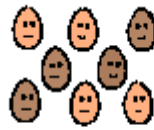


for

help.



Help



people



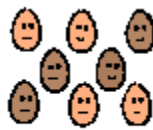
understand



you.



Tell



people



why



you

are



special.



Listen

to



people



you



trust.

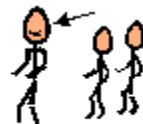


You



can be

a



leader.

# EXPLORING THE POSSIBILITIES



Learn



new



ideas.



Try



new



hobbies.



Go

to



new



places.



Try



new



jobs.



Talk

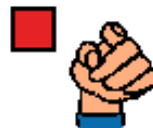


with



people

about



your



future.

# STRONG SELF ESTEEM



Write



your



ideas



in

a



journal.



Go

in

your



community



Do



special



things

in



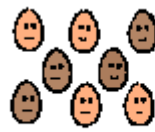
your



community.

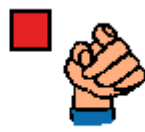


Help



people

in



your



community.



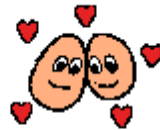
Find



friends



who



care about



you.

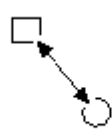


Find

a



man



or

a



woman

to



help



you.

# GOALS & PLANS



I



need

to



list



what



I want.

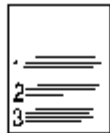


I



need

to



plan

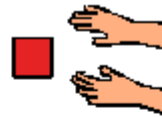


and



list the steps

to



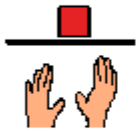
get



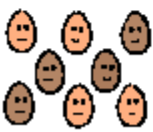
what



I



want.



People

can

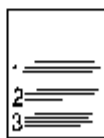


help



me

make



plans.

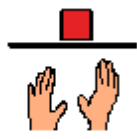
# UNDERSTAND REASONABLE RISKS



When



I



want something,



I



think

of



good



things.



I



think

of the



bad



things.



I

will



ask



advice



even

if



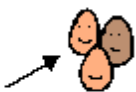
I



do not like



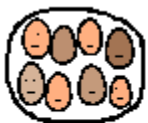
what



they



say.



Everybody

makes



mistakes



and



you

can



learn



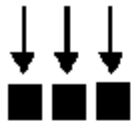
from



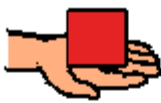
it.



# PROBLEM SOLVE



Everyone



has



problems.



I



will



make

a



list.



I



will



write



good



ideas.



I



will



write



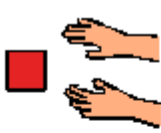
bad



ideas



I



will



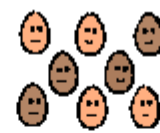
get



advice



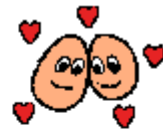
from



people



who



care

about



me.



The

list

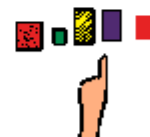


will

help



me














choose.



    
How to complete this form.

          
Talk with your family or special people to complete this form.





















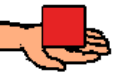










**1.**        
You choose what is important to you.

         
Your family or special people can help you.



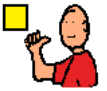













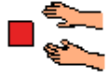



**2.**        
They can help you write your plan.

**3.**          
They can help you know when the work is done.



















































# my life, my health....ready?

	1. Is this something I want to work on?	2. What do I need to do?	3. Is it done? ✓
<b>Self-Advocacy</b>			
    I think about my future.	  Yes No		
     I tell what I need.	  Yes No		
<b>Social &amp; Recreation</b>			
    I meet my friends.	  Yes No		
     I have fun in the community.	  Yes No		
   I use the computer safely.	  Yes No		





















# my life, my health....ready?

	1. Is this something I want to work	2. What do I need to do?	3. Is it done? ✓
<b>Independent Living Skills</b>			
 I  know  my  phone number &  address.	 Yes  No		
 I  know  how  to call 911.	 Yes  No		
 I  know  how  to get  help	 Yes  No		





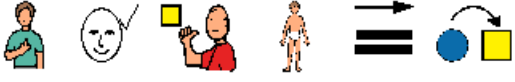











# my life, my health....ready?

	2. Is this something I want to work	2. What do I need to do?	3. Is it done? ✓
<b>Independent Living Skills</b>			
 I  can  make  my snack.	 Yes  No		
 I  do work/chores  at home.	 Yes  No		
 I  choose  my clothes.	 Yes  No		
 I  know  how  to keep clean.	 Yes  No		
 I  know  how  to brush my teeth.	 Yes  No		
 I  know  how  to spend  weekly money.	 Yes  No		
 I  know  the health  things  I need.	 Yes  No		
 I  know  technology  that  helps  me	 Yes  No		

# my life, my health....ready?

	1. Is this something I want to work	2. What do I need to do?	3. Is it done? ✓
<b>School &amp; Work</b>			
    I do my homework.	 Yes  No		
     I talk about what jobs I want.	 Yes  No		
     I go to my school meetings.	 Yes  No		

# my life, my health....ready?

	1. Is this something I want to work on?	2. What do I need to do?	3. Is it done? ✓
<b>Health &amp; Wellness</b>			
 <p>I know my height and weight</p>	 <p>Yes No</p>		
 <p>I exercise and eat healthy food.</p>	 <p>Yes No</p>		
 <p>I know my body will change.</p>	 <p>Yes No</p>		
 <p>I know when I am sick.</p>	 <p>Yes No</p>		
 <p>I know about my disability.</p>	 <p>Yes No</p>		
 <p>I talk with my doctor about my health.</p>	 <p>Yes No</p>		
 <p>I ask my doctor a question.</p>	 <p>Yes No</p>		
 <p>I talk about a new adult doctor.</p>	 <p>Yes No</p>		