

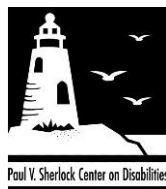
This Adpated Literature resource is available throgth the Shelock Center Resource Library.

The text and graphis are adapted from the origianl source. These resources are provded 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

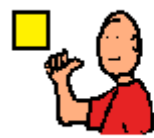
<http://www.ric.edu/sherlockcenter/health.html>.



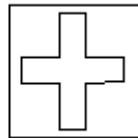
Paul V. Sherlock Center on Disabilities @ Rhode Island College
600 Mt. Pleasant Avenue, Providence RI 02908
401 456-8072 Ph. 401 456-8773 TDD 401 456-8150 FAX
www.sherlockcenter.org

GET SET

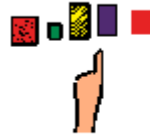
my life
my health



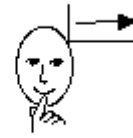
My



healthy



choice:



Get Set



I



think

about



what



I



can do.

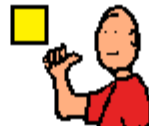


I



think

about



my



ideas.

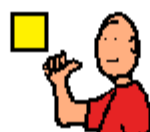


I



plan

for



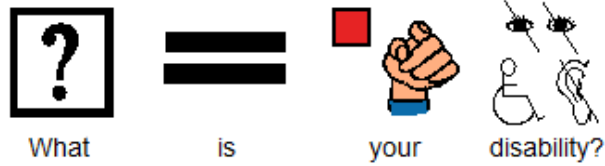
my



future.



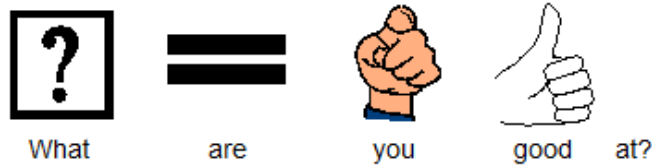
MAKING CHOICES



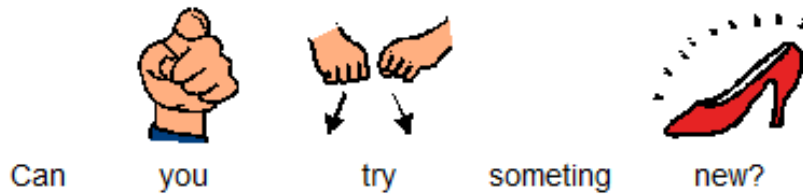
What is your disability?



What do you like to do?



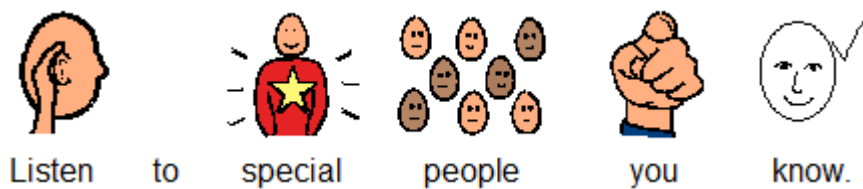
What are you good at?



Can you try something new?



Tell me what you want to do.



Listen to special people you know.

SELF ADVOCACY



SELF ADVOCACY

means

you

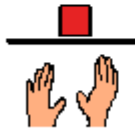
tell

people

what



you



want.



Ask

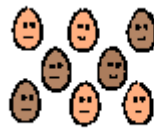
for



help.



Help



people



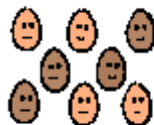
understand



you.



Tell



people



why



you

are

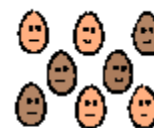


special.



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

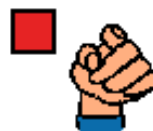


with



people

about



your

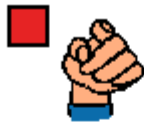


future.

STRONG SELF ESTEEM



Write



your



ideas



in

a



journal.



Go

in



your



community



Do



special



things

in



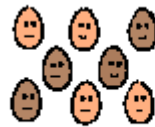
your



community.

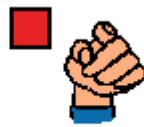


Help



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



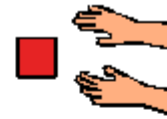
plan



and



list the steps to



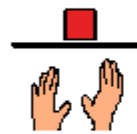
get



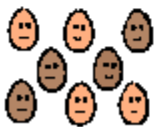
what



I



want.



People

can

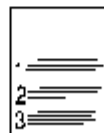


help



me

make



plans.

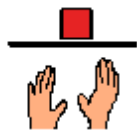
UNDERSTAND REASONABLE RISKS



When



I



want

something,



I



think

of



good



things.



I



think

of the



bad



things.



I

will



ask



advice



even

if



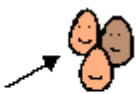
I



do not like



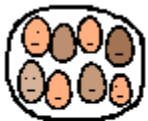
what



they



say.



Everybody

makes



mistakes



and



you

can



learn

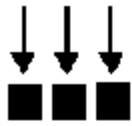


from

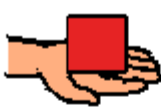


it.

PROBLEM SOLVE



Everyone



has



problems.



I



will



make

a



list.



I



will



write



good



ideas.



I



will



write



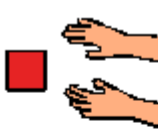
bad



ideas



I



will



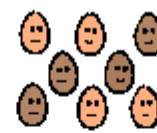
get



advice



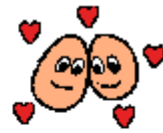
from



people



who



care

about



me.



The

list

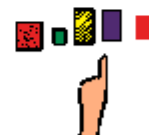


will

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.


















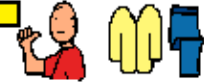



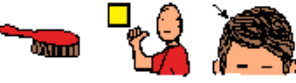




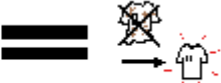












2.      
They can help you write your plan.

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

















































my life, my health....get set

	1. Is this something I want to work on?	2. What do I need to do?	3. Is it done? ✓
Self-Advocacy			
     I know I can make choices.	 Yes  No		
      I decide who to tell about my disability.	 Yes  No		
Social & Recreation			
      I meet my friends in the community.	 Yes  No		
    I know about dating & safe sex.	 Yes  No		
       I choose what fun I want in the community.	 Yes  No		



















































my life, my health....get set

	1. Is this something I want to work on?	2. What do I need to do?	3. Is it done? ✓
Independent Living Skills			
   I cook meals.	 Yes  No		
   I help with food shopping.	 Yes  No		
   I do work/chores at home.	 Yes  No		
   I choose my clothes.	 Yes  No		
  I brush my hair.	 Yes  No		
   My clothes are clean.	 Yes  No		
   I get money from the bank.	 Yes  No		
   I can buy things I want.	 Yes  No		

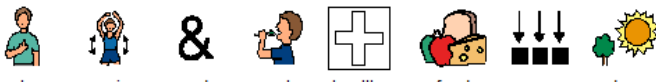























my life, my health....get set

	1. Is this something I want to work on?	2. What do I need to do?	3. Is it done? ✓
Independent Living Skills			
    <p>I know how to ride the bus.</p>	 Yes  No		
    <p>I can be at home alone.</p>	 Yes  No		
      <p>I know the health things I need.</p>	 Yes  No		
      <p>I know technology that helps me</p>	 Yes  No		
    <p>I clean my wheelchair.</p>	 Yes  No		
     <p>I know what to do in an emergency.</p>	 Yes  No		
     <p>I talk about my future home.</p>	 Yes  No		


















































My life, My health....get set

	1. Is this something I want to work on?	2. What do I need to do?	3. Is it done? ✓
School & Work			
    I do my homework.	 Yes  No		
      I help plan at my school meetings.	 Yes  No		
    I try new jobs.	 Yes  No		
      I talk about when I end school.	 Yes  No		
      I know the jobs that use my skills.	 Yes  No		
    I know about my disability.	 Yes  No		
      I know what helps me learn.	 Yes  No		

my life, my health....get set

	1. Is this something I want to work on?	2. What do I need to do?	3. Is it done? ✓
Health & Wellness			
 <p>I exercise and eat healthy food every day.</p>	 Yes  No		
 <p>I am happy with my body.</p>	 Yes  No		
 <p>I know about smoking and bad drugs.</p>	 Yes  No		
 <p>I know people I can talk to about problems.</p>	 Yes  No		
 <p>I know my medications.</p>	 Yes  No		
 <p>I talk with my doctor about my health.</p>	 Yes  No		
 <p>I ask my doctor questions.</p>	 Yes  No		
 <p>I talk about a new adult doctor.</p>	 Yes  No		

My life, My health....get set

	1. Is this something I want to work on?	2. What do I need to do?	3. Is it done? ✓
Health & Wellness			
 I  make  choices  about  my  health.	 Yes  No		
 I  keep  a list  of  my  health information.	 Yes  No		
 I  know  my  doctor's  appointments.	 Yes  No		
 I  can call  my  doctor  to change  my appointment.	 Yes  No		
 I  know  my  health  insurance plan.	 Yes  No		
 I  know  about  my  doctor  and  my  special  doctors.	 Yes  No		