

# INSTRUCTIONS AND USE



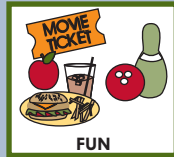
HOME

Pages: 1 - 2



FRIENDS, FAMILY  
& STAFF

Pages: 3 - 4



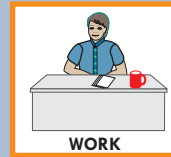
FUN

Pages: 5 - 7



COMMUNITY

Pages: 8 - 9



WORK

Pages: 10



HEALTH & SAFETY

Pages: 11

## Introduction

This Picture Sticker Book was developed by the Department of Developmental Services DDS Consumer Advisory Committee in 2005 as part of the IPP and Choice Making series. Committee members feel it is important that people have the right to make choices about where and how they spend their time and with whom they spend it. To do this, people need information about these choices in ways they understand. Participating in decisions like these will improve people's quality of life.

Committee members developed this Sticker Book, the "Making My Own Choices" and "Satisfaction Guide" to help people in developmental centers tell helpers and advisors what they want for their life in the community, and while still living at the developmental center.

## Instructions for using this book

This Picture Sticker Book is a companion to "Making My Own Choices" and the "Satisfaction Guide" published by the DDS Consumer Advisory Committee. This Picture Sticker Book is divided into six color coded sections to help locate pictures to assist people to communicate the important things they would like to do. The pictures are designed as simple drawings of typical things to do that are important or places to go.

Once a person has had an opportunity to go over the books "Making My Own Choices" and/or the "Satisfaction Guide" they can choose a picture from the section that matches the part of the book they are working on.

These pictures can also be used with other projects or charts that will benefit each person's independence and choice. Both booklets have instructions of how to use these stickers as well.

Review the following before working with the Stickers:

1. Review the Picture Sticker Book sections and understand how it is organized. Note: Each section is divided by content area and color coding.(See above)
2. The beginning of each section has pages with the name of a picture, suggestions of what the picture could represent and a sample of the sticker. Find the sticker on the following page, remove and place in the appropriate box in the booklet.
3. Below are a few suggestions if you do not find an appropriate picture:
  - A. Use one of the blank stickers and draw a picture on it.
  - B. Take or use a digital photo of the person and activity.
  - C. Use a picture from a magazine.

The stickers are available for download and printing at [www.dds.ca.gov](http://www.dds.ca.gov).

To purchase additional labels go to [www.planetlabel.com](http://www.planetlabel.com). Label size information: 2 1/2" x2 1/2" square - 12 per page.

**The DDS Consumer Advisory Committee (CAC) thanks the following that helped make this booklet possible:**

**The California Department of Developmental Services**

Cliff Allenby, Director

Carol Risley and Kathleen Ozeroff,

Office of Human Rights and Advocacy Services

Michael Long, Consumer Coordinator

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**Participating California People First and**

**Self-Advocacy Groups**

**Participating Regional Center CACs**



**The Board Resource Center, Inc.**

[www.brcenter.org](http://www.brcenter.org)

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Donna Aikins Design

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**Consumer Advisory Committee 2005**

Adaptation Subcommittee: Nyron Battles, David Miller, Betty Pomeroy, Lori Sloan

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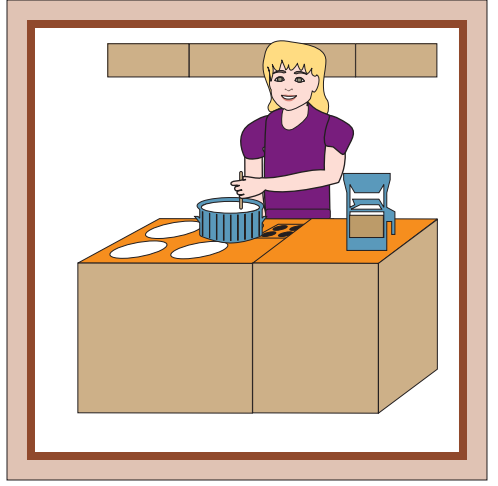
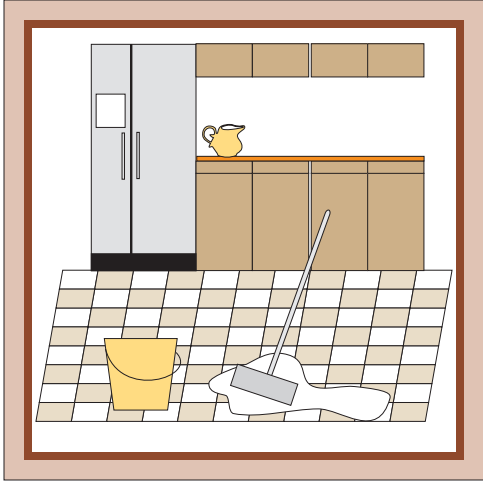
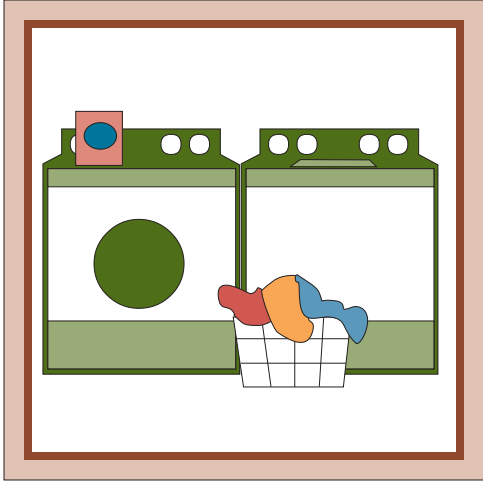
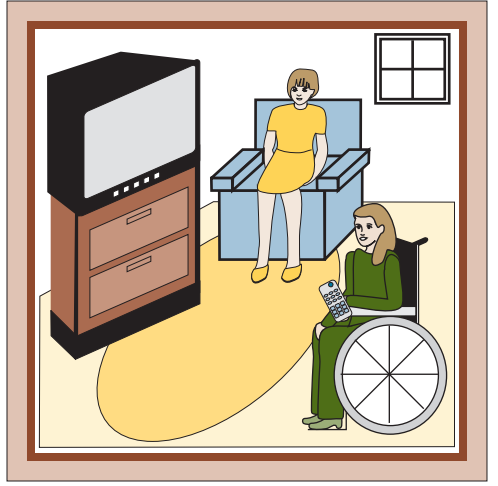
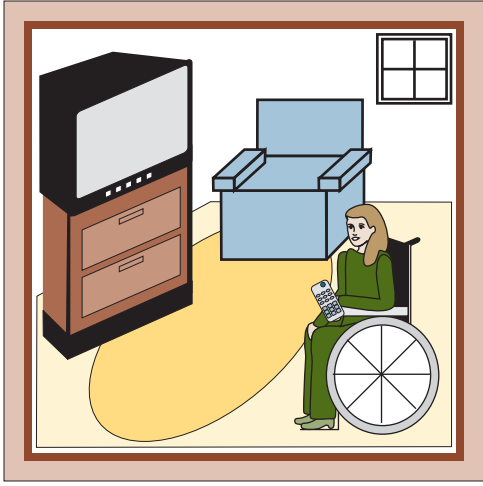
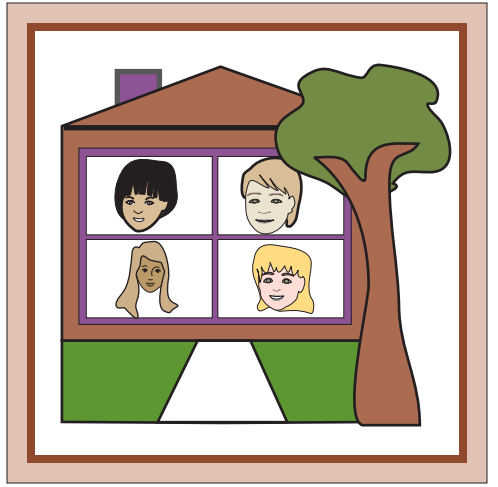
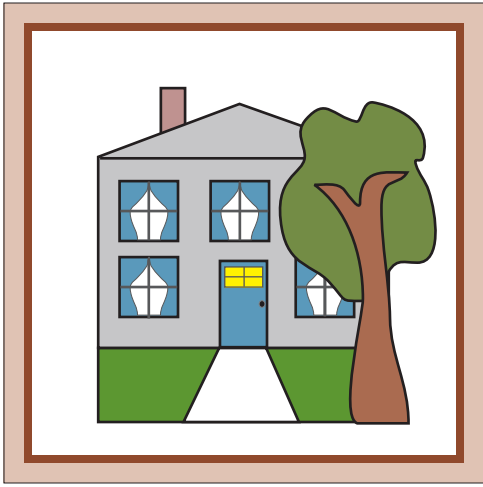
Department of Developmental Services

Office of Human Rights and Advocacy Services

1600 9<sup>th</sup> Street, Room 240

Sacramento, California 95814

(916) 654-1888 [www.dds.ca.gov](http://www.dds.ca.gov)



# HOUSE

My house  
Live in a house



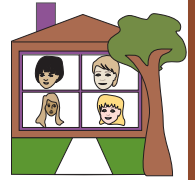
# APARTMENT

Live in an apartment  
Have a roommate



# GROUP HOME

Live in a group home  
Have my own room  
in a group home



# A CITY

Live in a city  
Live near shopping



# COMMUNITY

Live in a community  
with houses and families



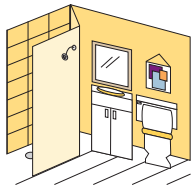
# MY OWN BEDROOM

Have my own room  
My own place to put things



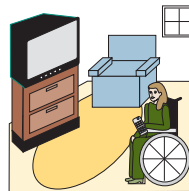
# BATHROOM

My own bathroom

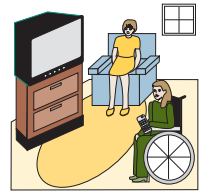


# LIVE BY MYSELF

In my own house or  
apartment



# LIVE WITH A FRIEND



# LAUNDRY

Do my own laundry  
Clean my clothes  
Help with the laundry



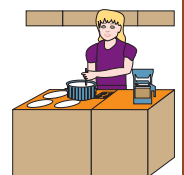
# CLEAN

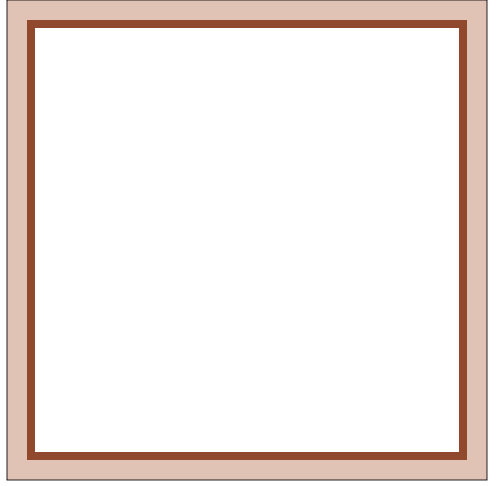
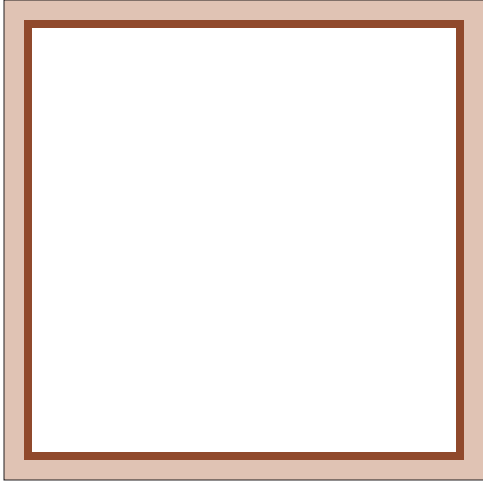
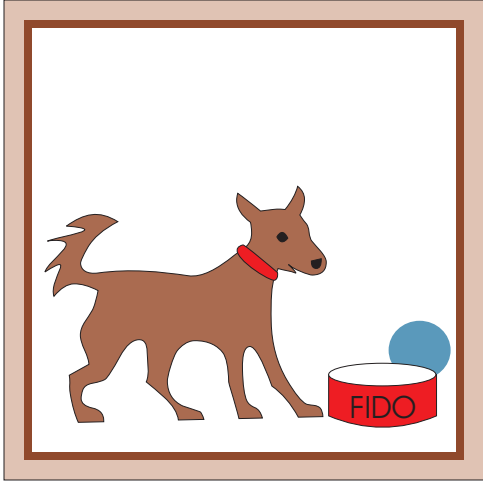
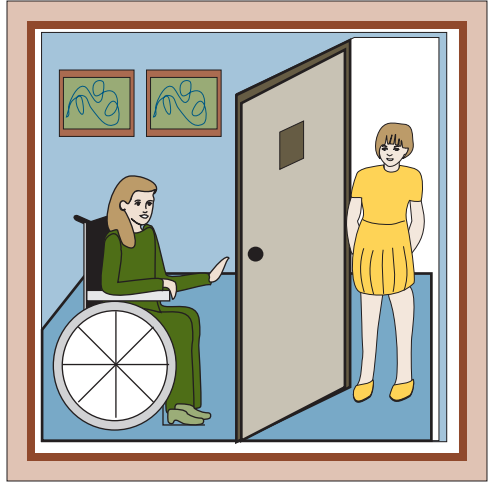
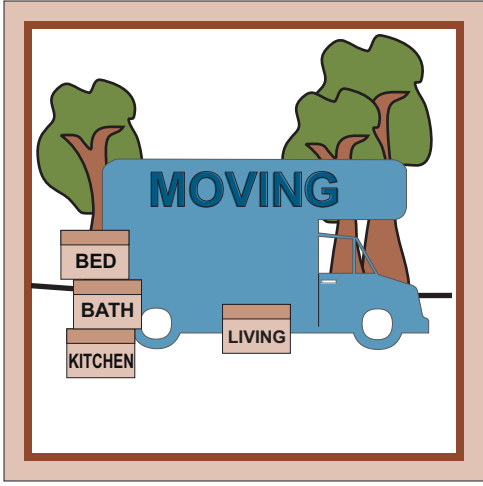
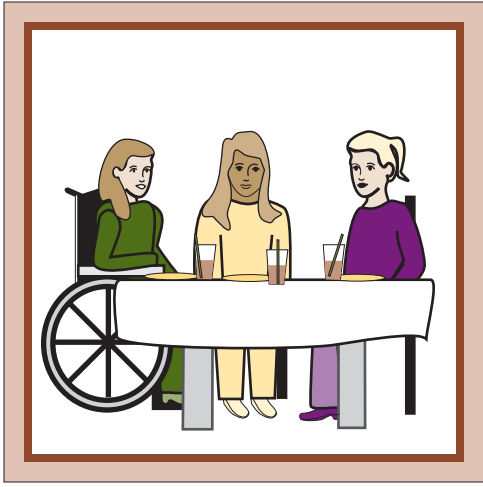
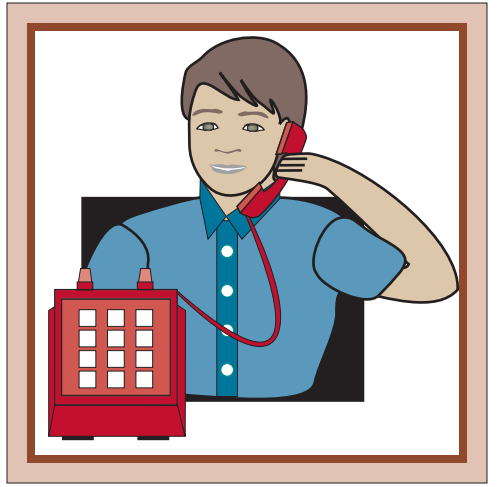
Clean my own home  
Clean my own room  
Take care of my own home



# KITCHEN

Cook meals in my kitchen  
Help me cook my dinner





# GARDEN

Have a garden  
Plant flowers  
Plant a vegetable garden



# TV

Watch TV  
Have my own TV



# TELEPHONE

Talk on the phone  
with a friend



# MUSIC

Listen to my favorite music  
Use my CD player



# DINNER PARTY

Have a dinner party  
Have friends come  
over to eat



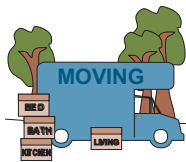
# FRIENDS VISIT

My friends come over  
Have fun at home  
with friends



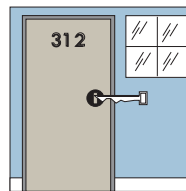
# MOVING TRUCK

I want to move  
I am moving to a new home



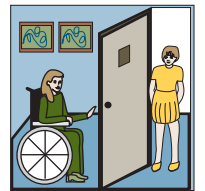
# BE SAFE AT HOME

Have a lock on my things  
Live in a safe place



# HAVE PRIVACY

Have a lock on my things



# HAVE A PET

Take care of my own pet  
Have a pet to play with



# MY CHOICE

# MY CHOICE