

# INSTRUCTIONS AND USE



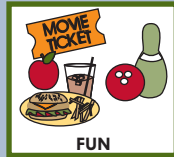
HOME

Pages: 1 - 2



FRIENDS, FAMILY & STAFF

Pages: 3 - 4



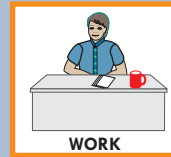
FUN

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

**Association of Regional Center Agencies CAC**

**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

**For additional copies or information, contact:**

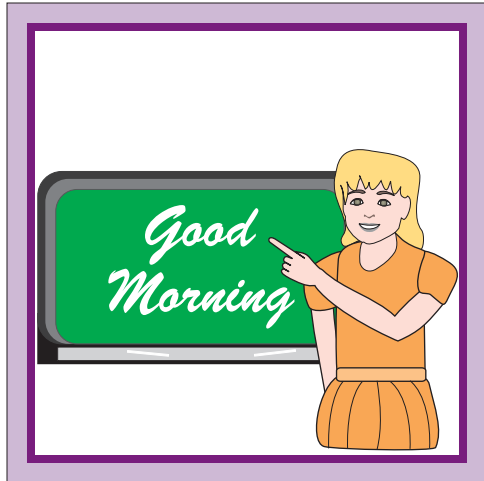
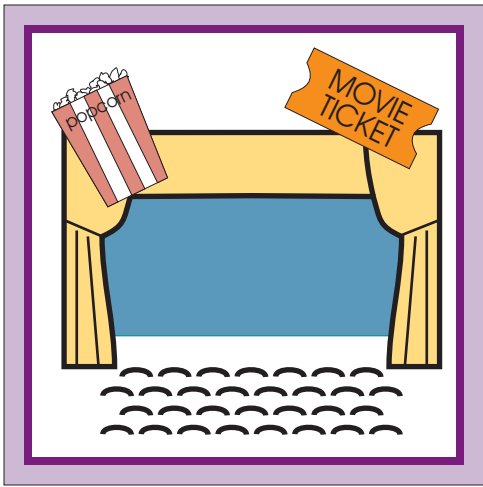
Department of Developmental Services

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)



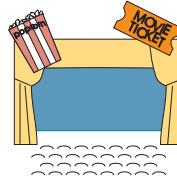
## CITY BUS

Take the bus to do things  
Go with friends or staff  
or by myself



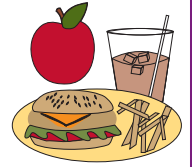
## GO TO MOVIES

Go to movies at night  
With a friend  
By myself



## GO OUT TO EAT

Fast food  
Sit down restaurant



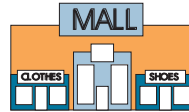
## BUY CLOTHES

Get new clothes



## THE MALL

Shop in the mall  
Go with a friend  
Have coffee or lunch  
Walk for exercise



## FOOD MARKET

Shop for food  
Buy food for myself  
Buy food for a party  
Get snacks



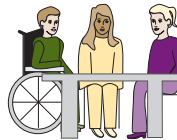
## NEIGHBORHOOD

Take a walk  
See new people  
Say hello



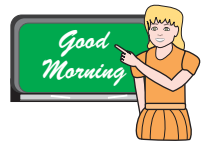
## MEETINGS

Meet with friends  
Staff meetings  
Job meetings



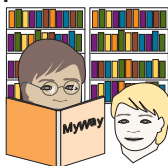
## SCHOOL

Go to school  
See a presentation  
Learn new things  
Take special classes



## LIBRARY

Read books  
Get books or videos  
Use a computer



## FRIENDS & FAMILY

Visit friends and family  
See people who I like



## SHOP IN STORES

Spend money  
Get things I want



# ZOO

Go to the Zoo  
Go to the Petting Zoo



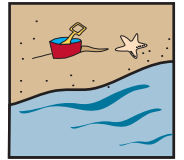
# DANCING

Go dancing  
Learn to dance



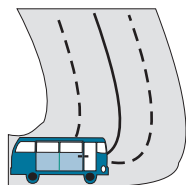
# GO TO BEACH

Go with friends  
Vacation at the beach



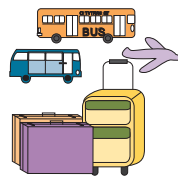
# BUS TRIP

Take the bus to go away  
Bus to visit people far away



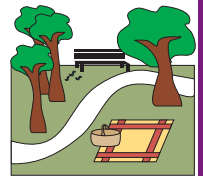
# VACATION

Go away  
Visit people  
See new places



# PARK AND PICNIC

Have a picnic  
Walk in the park  
Play games



# SPORTS

Watch a sports game  
Go to a professional game  
in a big stadium



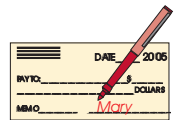
# SPEND MONEY

Things I like  
Gifts  
Stuff



# USE A CHECK

Have a bank account  
Write checks for bills  
Write a check for purchases



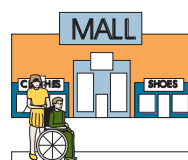
# CONFERENCES

People First Conferences  
Self advocacy meetings



# WALK IN TOWN

Window shop  
Go in stores



# MY CHOICE

