|  |  |
| --- | --- |
| They are very active and compete in the Special Olympics. | Their school was supportive of inclusive education and they were able to earn a regular diploma. |
| They and their mom do puzzels together. They have wonderful problem-solving skills. | They have an intellectual disability, and they are proud of their many skills and can identify many people that love them. |
| hey have learned coping skills to calm themselves down when overwhelmed. | They can deal with disappointment quite well, and they remind themselves that they can try again. |
| They don't give up. When something isn't working, they stop and think of another way. Sometimes they talk the answers out loud. | They attend religious services, have a part-time job, and play soccer in a local recreation league. |
| They live on their own. They have visual supports around their home to remind them of their routine. They also know that their mom is always checking in to see how things are going. | Their Grandma and Grandpa are always around to help their parents out. |

|  |  |
| --- | --- |
| From an early age, their parents set clear expectations for behavior. | They are involved in a self-advocate group and have peer mentors that help them learn how to find resources and complete applications for services. |
| They have a severe intellectual disability; their community center offers classes for adults with disabilities in music, art, woodworking, drama, sports, and board games. | The local chapters of the ARC and Special Olympics are very active and hold regular resource fairs in the community to support employment and inclusion. |
| Their day program closely follows the principles of Postive Behavior Supports and has positive expectations for each person they support. | Their job coach lets them know what is expected in each job they try. They come up with creative ways to remember the tasks and expectations. |
| They recently moved to a safer neighborhood where they can walk to the nearby market on their own and feel safe. | They are part of a self-advocate group that regularly meets to socialize and discuss things like relationships, work, identify, and beliefs. |
| They have a moderate intellectual disability. Their mother provides them with information and advice, and ultimately respects their right to self-determination and encourages them to make their own decisions as an adult. | They feel confident in their abilities to make their own decisions about what they want, where they work, and how they spend their money. |

|  |  |
| --- | --- |
| They have a plan for what they want to do and how they can meet those goals. | They have a strong desire to achieve and they work very hard. |
| They help their adult child, who has an intellectual disability, by encouraging them to break goals down into chunks that they can achieve to keep their positive about bigger goals. | They have an intellectual disability. They can try new things in their classes. The teachers are very encouraging when they want to "check things out." |
| They’re a young adult with Down syndrome, played soccer when they were a child, now their former coach Bob has them assist with the younger kids. They enjoy the relationship they have with Bob and Bob enjoys encouraging them. | They’re a young man with sensory-related disabilities attending a summer college program for people with disabilities 2 hours from home. They are learning independence and have appropriate supports when needed. |
| The staff at the day program noticed a change in the behavior of a person who they support. They found out that the transportation driver has been hitting the person. They reported the abuse to the police and are taking steps to help the person feel safe with the new driver. | A primary care physician provides a referral for trauma-informed family therapy of someone known to treat people with developmental disabilities. |
| The social worker has created a recovery team to help their client recover from sexual abuse. The team includes a therapist with expertise in trauma, the client's parents, and their favorite support worker from the day program. | They have been married for 10 years. Their support team is very supportive of their marriage and provides support and resources when needed to maintain a healthy relationship. |

|  |  |
| --- | --- |
| They attend an inclusive book club. Books are selected that have audio book and movie versions so that everyone can participate. | The direct support service agency that supports them is dedicated to positive behavior supports. |
| They use a communication board and have pictures available to communicate their feelings.  | They have an inviting sensory space they can use whenever they need to calm down. |
| Their caregivers made sure they were able to visit with family and friends virtually every day during the pandemic.  |  |
|  |  |
|  |  |
| They feel they fail at everything they try. They find it hard to start new tasks or make new friends because they believe they will fail. | They have a debilitating fear of anything outside of their normal routine. |
| They grew up in an institution. In their adult group home, they get anxious when staff are gone for extended periods and angry with them when they return. | They don’t know how to explain their needs. They get angry when others don't understand them. |
| They have an extreme need for approval. They have been taken advantage of by others multiple times because they are trying to please them. | They steal and break things at day support. They have been sent home several times and are at risk of not being allowed to continue. |
| They live with their mother. She was diagnosed with depression and stays in bed most of the day. | They grew up in a home with a lot of conflict and drinking. |
| If they soil their pants, their caregivers will wait hours before helping that person change to "teach them a lesson." | They were removed from their parents' care as a child because the parents were addicted to opiates. |
| Their mom lost her job 6 months ago, and they are about to be evicted. | They live with their dad; their mom lives with a boyfriend. They are not very structured and they never know who they are staying with when. |
| Their dad has been depressed all of their life and has attempted suicide three times. | They are being sexually abused by their father. |
| They witnessed a staff member being physically and verbally abusive. Move back 2 spaces. | There are frequent shootings in their neighborhood. They experience night terrors and their parents don't understand how to help them. |
| After the hurricane, most of the houses and schools were flooded for weeks. They didn't think they would ever be able to go to their day program again. | Their dad recently died of a heart attack. No one explained what happened to them. They’ve been more agitated lately and cries suddenly. |
| They have watched all their siblings and classmates go off to college or get jobs, but they still live at home and can only find volunteer work. | Their family lives in a neighborhood with high crime. |
| Their only friend recently moved to a different state and they have limited contact. | They have many chronic medical needs that require constant monitoring by trained nurses. |
| What their mother describes as "behaviors" sound to you like episodes of anxiety, however they haven’t been to a doctor for a diagnosis or treatment. | They have a mild intellectual disability. They are married and argue frequently with their spouse. |
| They have an intellectual disability and are a single parent. They don’t have many people to turn to for support when they need help. | They live with their family. They have frequent arguments amongst themselves and with their extended family. |
| They’re leaving school and starting a new adult day support program where they don’t know anyone. | They have a developmental disability. When they were in school, they were one of the few African American students in a predominately White school and were frequently suspended for "noncompliance." |
| There is an economic downturn and they are one of the first to be laid off. They have been having difficulty finding a new job. | They are motivated to work with a therapist, but none of the therapists in their town feel comfortable treating someone with a developmental disability. |
| There is a therapist who advertises that they treat people with developmental disabilities, but they don't take Medicaid. | They were prevented from seeing friends and family for months because of the pandemic and did not understand why.  |
|  |  |
|  |  |
|  |  |
|  |  |