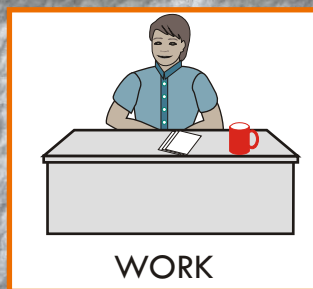


PICTURE STICKER BOOK

For use with the
“Making My Own Choices” Booklet
and “Satisfaction Guide”



Consumer Advisory Committee
Department of Developmental Services
Office of Human Rights and Advocacy Services
1600 9th Street, Room 240
Sacramento, California 95814
(916) 654-1888 www.dds.ca.gov

My Life, My Way



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

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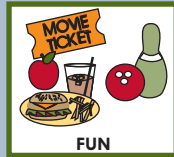
HOME

Pages: 1 - 2



FRIENDS, FAMILY & STAFF

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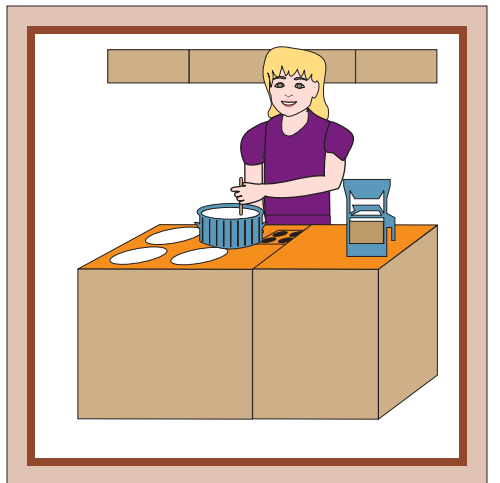
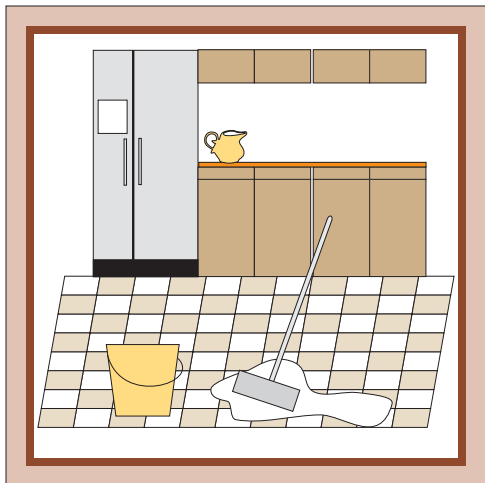
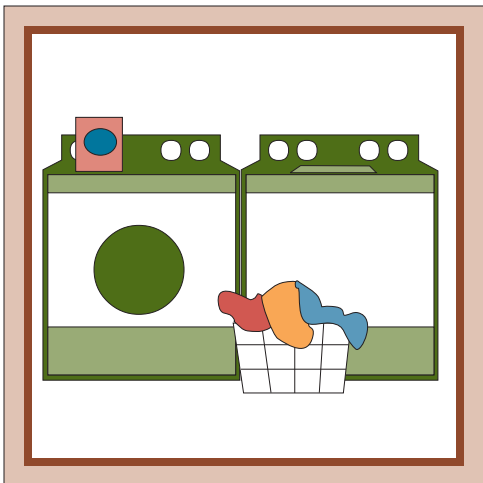
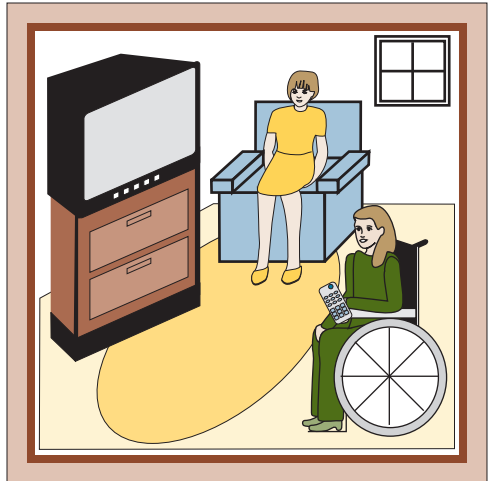
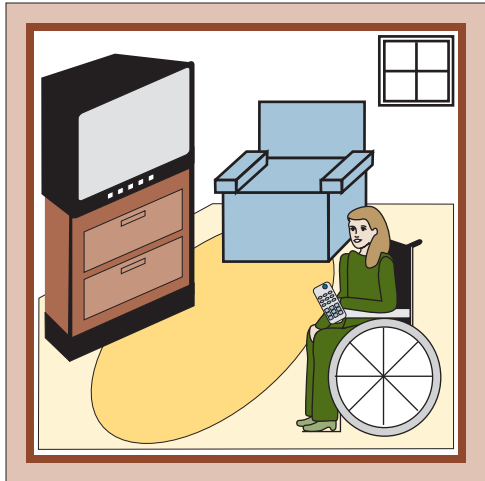
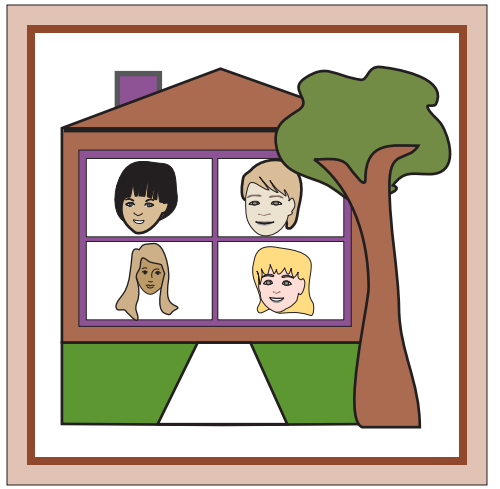
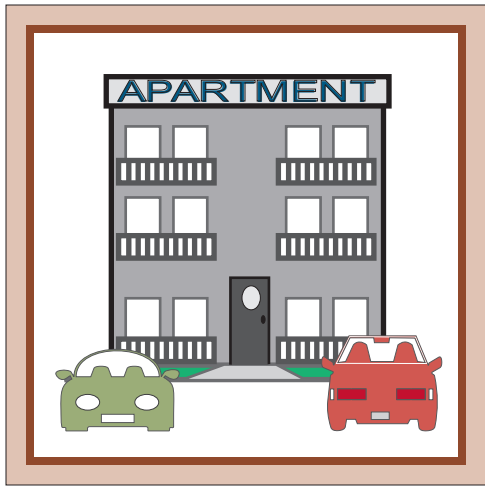
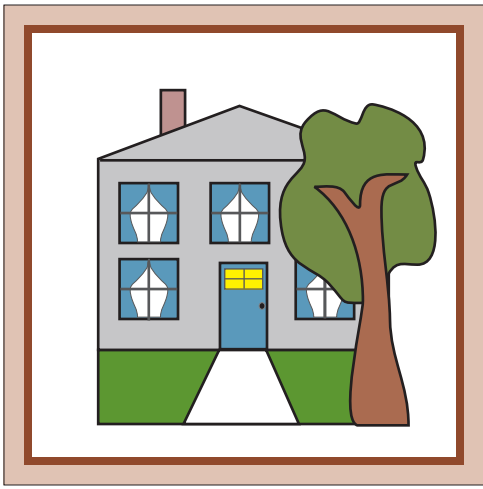
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HOUSE

My house
Live in a house



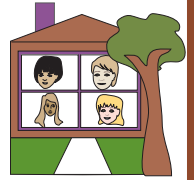
APARTMENT

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



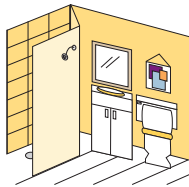
MY OWN BEDROOM

Have my own room
My own place to put things



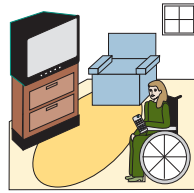
BATHROOM

My own bathroom

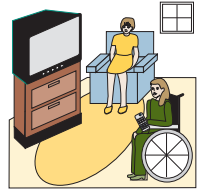


LIVE BY MYSELF

In my own house or
apartment



LIVE WITH A FRIEND



LAUNDRY

Do my own laundry
Clean my clothes
Help with the laundry



CLEAN

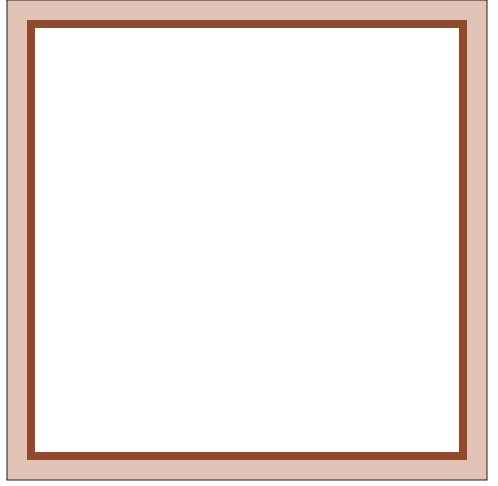
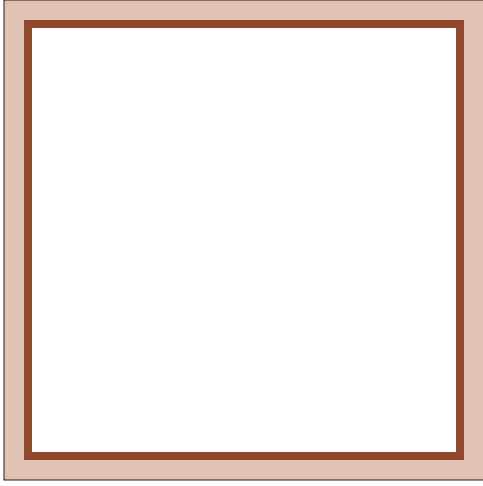
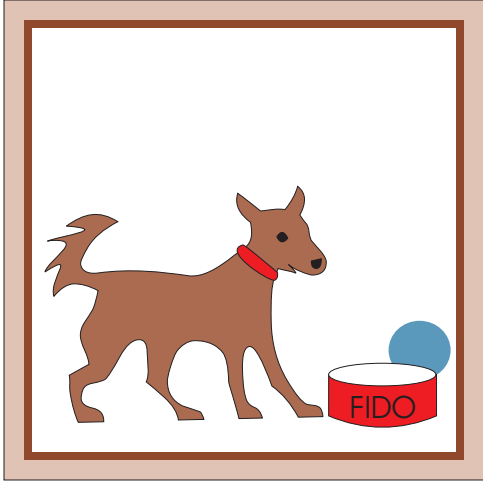
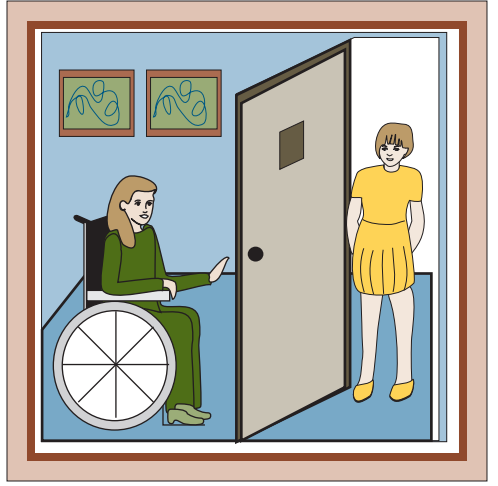
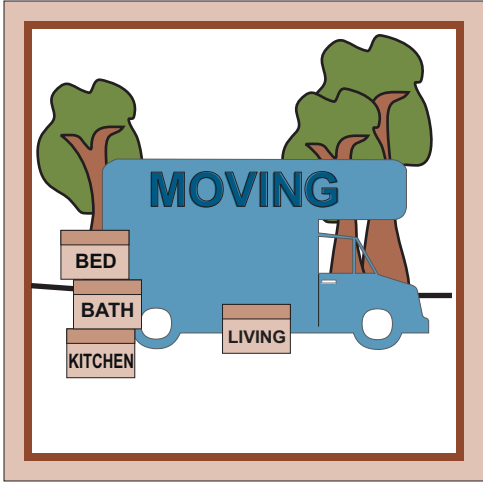
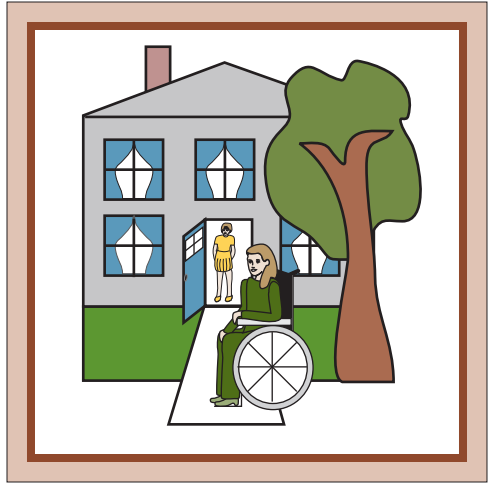
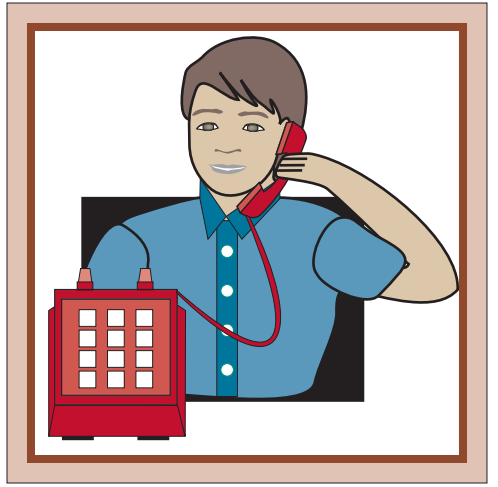
Clean my own home
Clean my own room
Take care of my own home



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



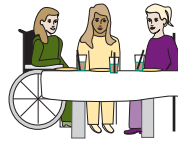
MUSIC

Listen to my favorite music
Use my CD player



DINNER PARTY

Have a dinner party
Have friends come
over to eat



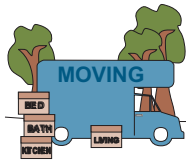
FRIENDS VISIT

My friends come over
Have fun at home
with friends



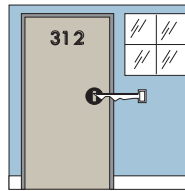
MOVING TRUCK

I want to move
I am moving to a new home



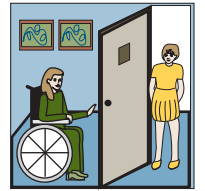
BE SAFE AT HOME

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

INSTRUCTIONS AND USE



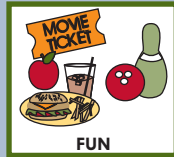
HOME

Pages: 1 - 2



FRIENDS, FAMILY
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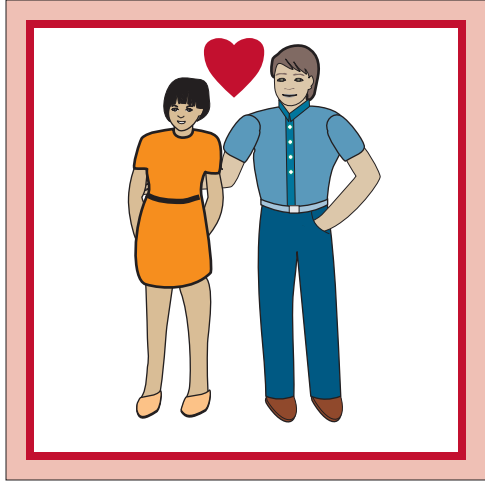
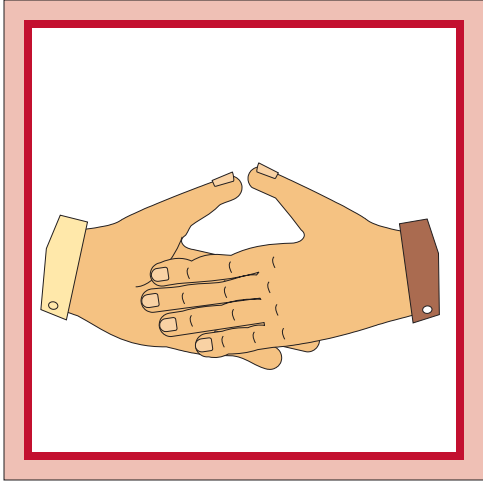
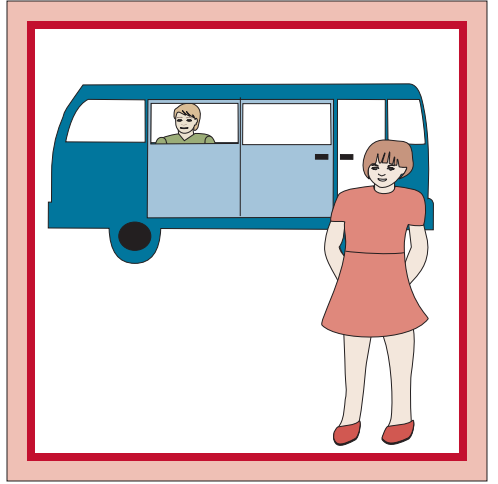
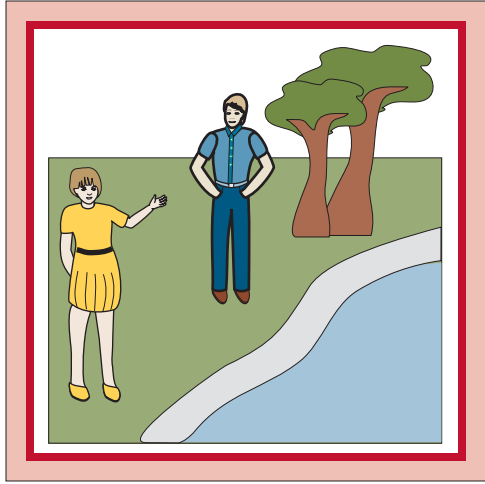
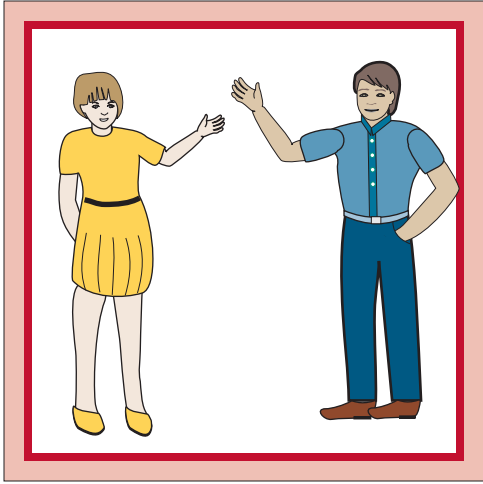
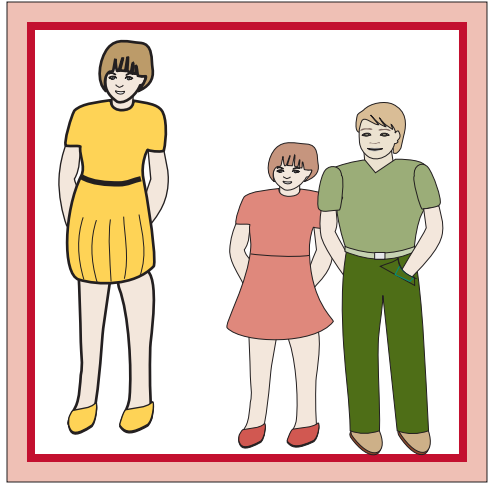
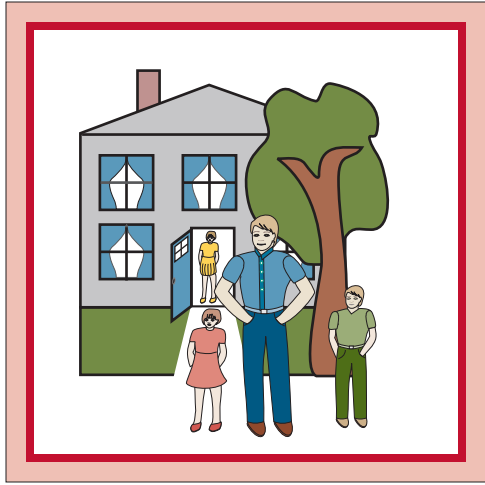
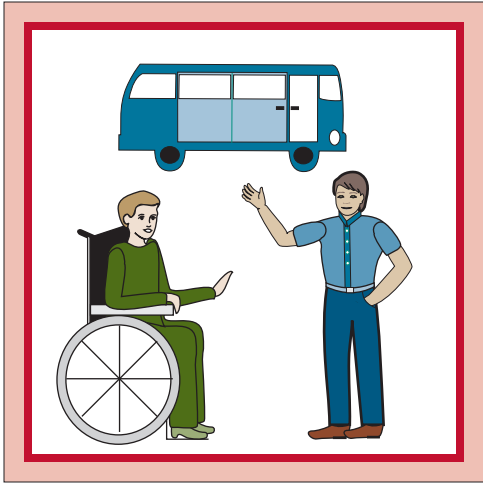
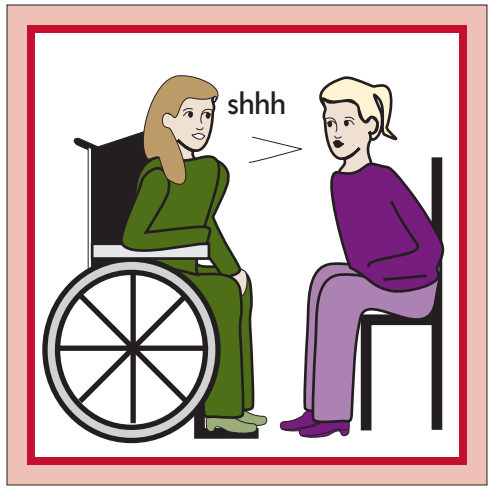
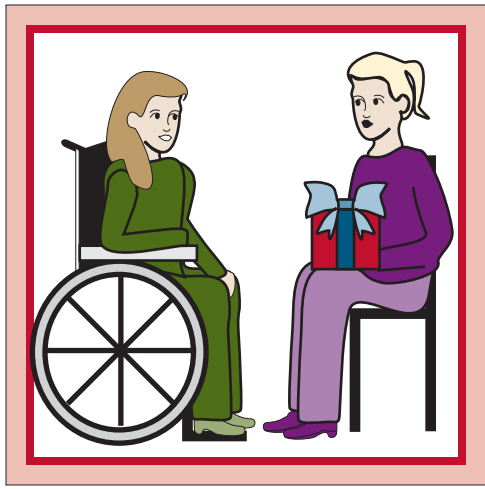
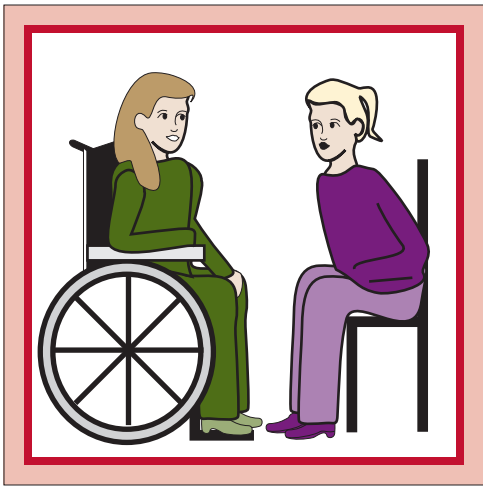
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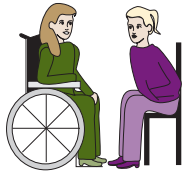
Sacramento, California 95814

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STAFF THAT LISTEN

Staff listen and care
Staff that pays attention



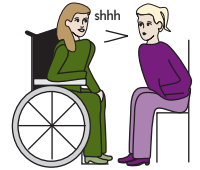
STAFF THAT ARE NICE

Staff treat me nicely
Staff that are kind



STAFF TALK SOFTLY

Speak quietly to me
Staff talk respectfully



GO WITH STAFF

Go out with staff
Go places with my staff
Visit people



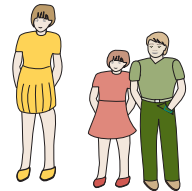
FAMILY

See my family
Be with a family
My family visits me



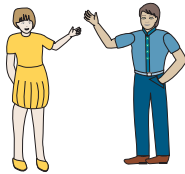
SISTER/BROTHER

Visit with my
sister or brother



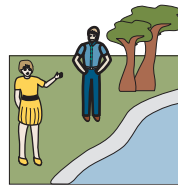
BEING FRIENDLY

Be friendly to staff
and friends
People are friendly and
nice to me



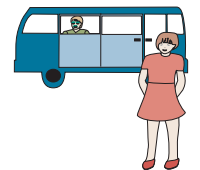
BE WITH FRIENDS

Visit and go with friends
Have a best friend
Make new friends



GO WITH FRIENDS

Go out with my friends



MEET PEOPLE

Meet new people
Make new friends



SPECIAL FRIEND

Have a boyfriend or
girlfriend



GET MARRIED

I want to be married
I want to marry my
girlfriend/boyfriend



REST AND RELAX

Rest with friends
Take a break
Time to relax



WRITE A LETTER

Write to a friend
or family
Send a letter to staff



HAVE A PARTY

Invite friends or family
Have a special party
Holiday party



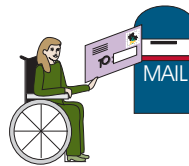
CHURCH

Be with family or
staff at church



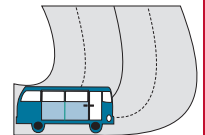
MAILBOX

Send a letter
to friends or family



BUS TRIP

Go with my friends
Take a vacation
Bus trip to visit my family



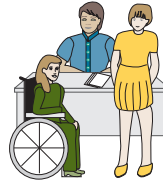
READ TO ME

Read important papers
Teach me to read
Staff help put papers in
plain words



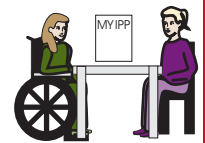
ADVOCATES

People advocating for me
Helping me at meetings
Helping me with words



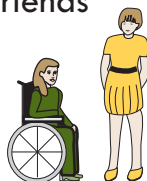
PLANNING TEAM

Help me with my IPP
Be part of my IPP team
Help me make a plan



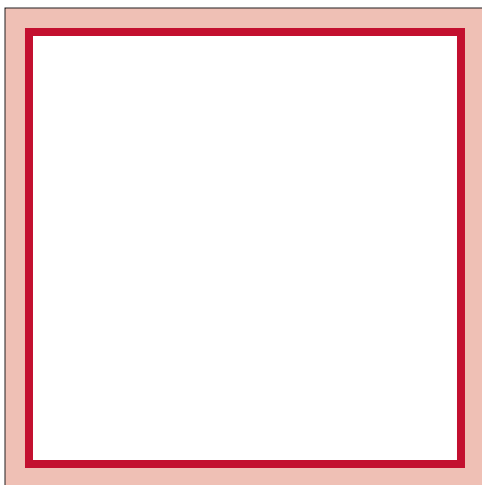
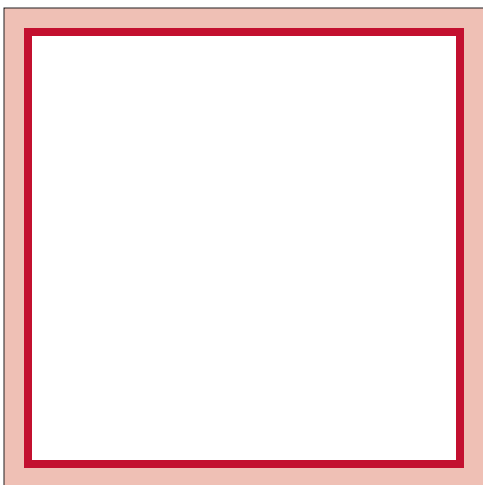
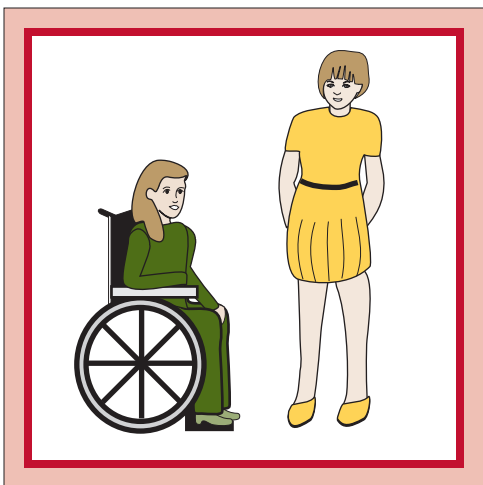
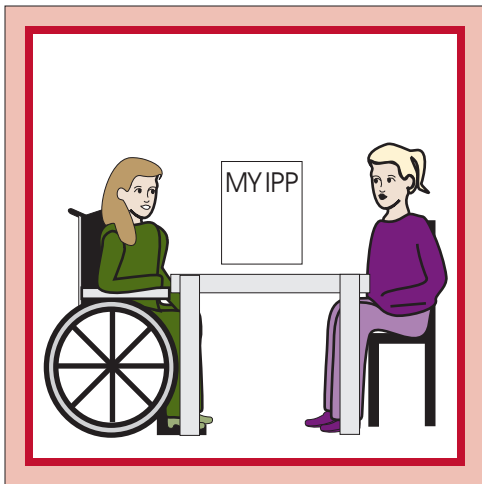
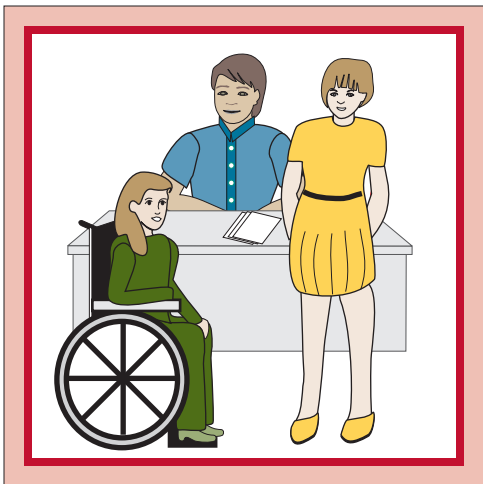
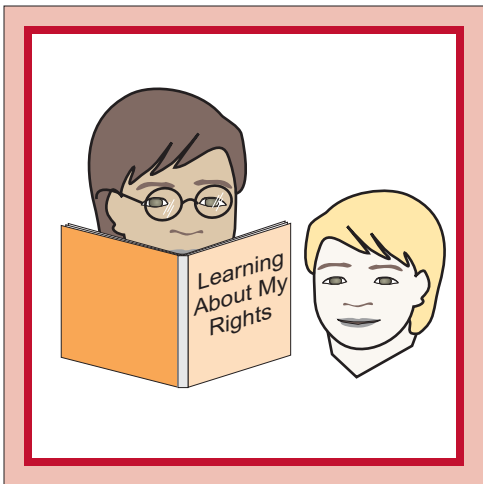
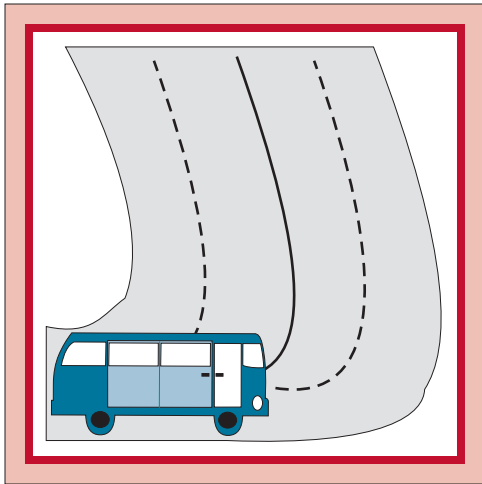
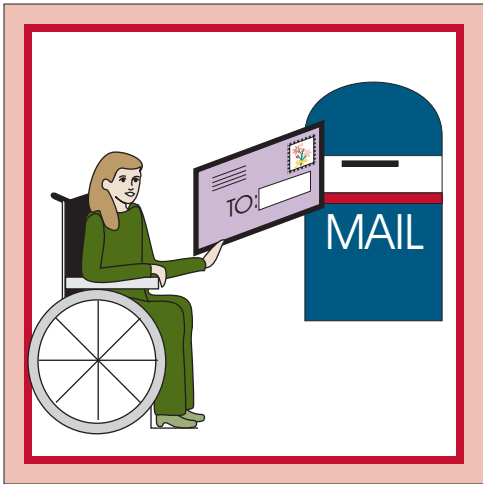
A BEST FRIEND

Go and visit with friends
Have a best friend
Make new friends



MY CHOICE

MY CHOICE



INSTRUCTIONS AND USE



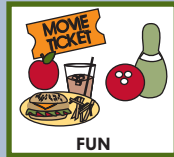
HOME

Pages: 1 - 2



FRIENDS, FAMILY
& STAFF

Pages: 3 - 4



FUN

Pages: 5 - 7



COMMUNITY

Pages: 8 - 9



WORK

Pages: 10



HEALTH & SAFETY

Pages: 11

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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.

To purchase additional labels go to 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:

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Carol Risley and Kathleen Ozeroff,

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Michael Long, Consumer Coordinator

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Self-Advocacy Groups

Participating Regional Center CACs



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Consumer Advisory Committee 2005

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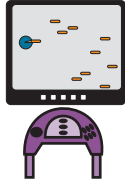
1600 9th Street, Room 240

Sacramento, California 95814

(916) 654-1888 www.dds.ca.gov

VIDEO GAMES

Buy new video games
Play video games
with friends or by myself



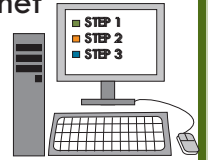
WATCH TV

Sports game
Favorite shows
Movies



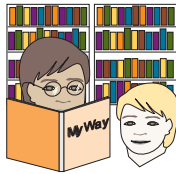
COMPUTER

Use my computer
Computer games
Write letters
Internet



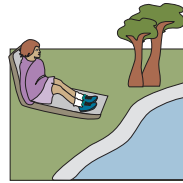
READ A BOOK

Read with someone
Read or look at picture books



RESTING

Take it easy
Take a rest and relax



MUSIC

Listen to a CD
My favorite music



CARE OF HOME

Clean my room
Vacuum
Sweep
Dust



COOK OR BAKE

Cook meals
Bake deserts
Cook for myself or friends



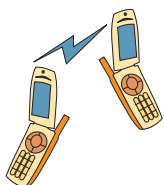
FRIENDS COME OVER

For dinner
Watch TV and play games
Talk



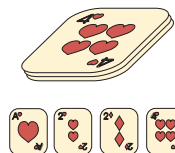
CALLING

Talk with friends or family
on the phone



PLAY GAMES

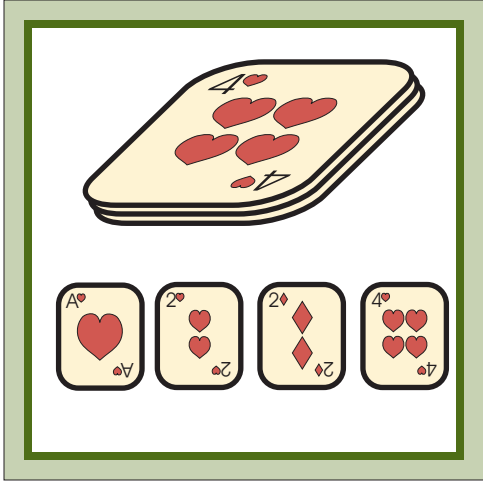
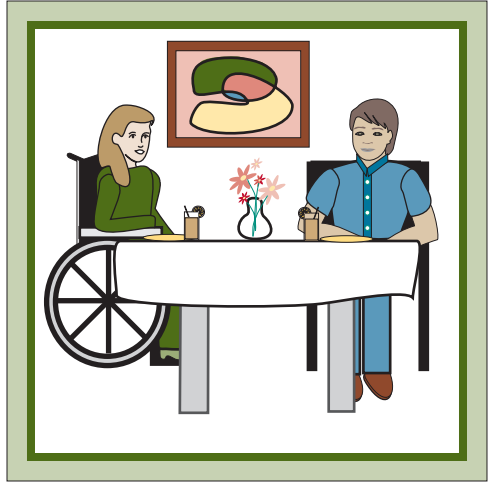
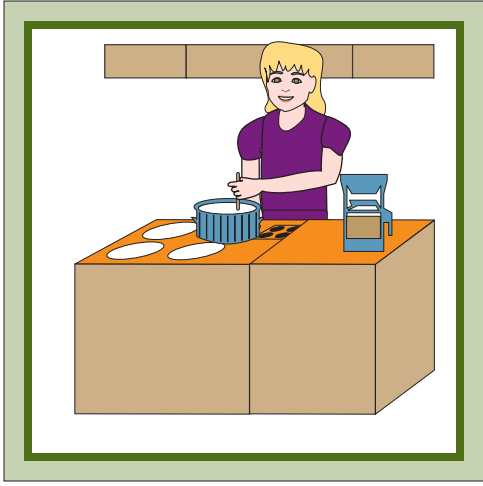
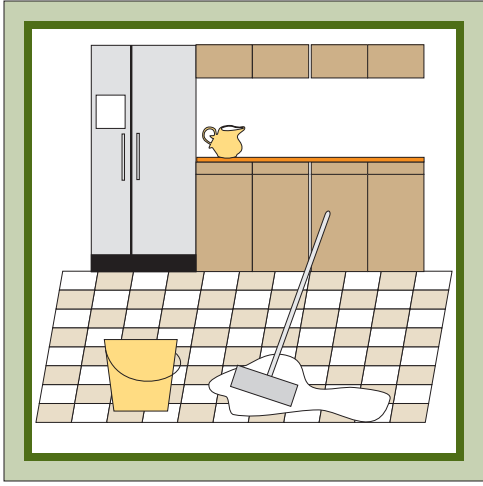
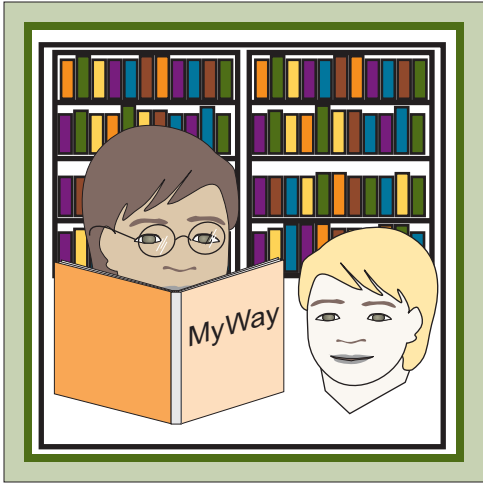
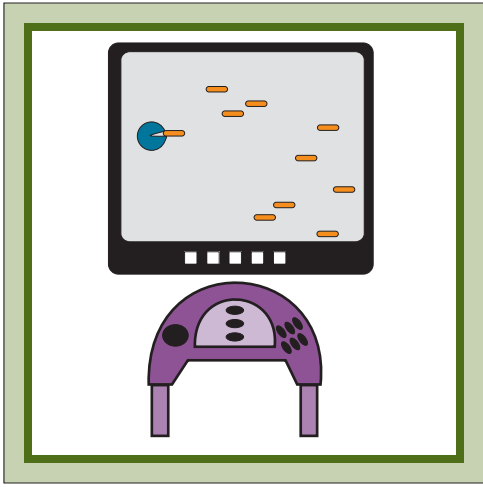
Play cards
Do puzzles



SEWING

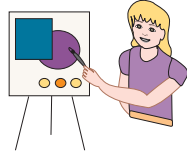
Make clothes





PAINTING

Take an art class
Paint in the park
Paint at home



PLAY SPORTS

Play sports with
friends or staff



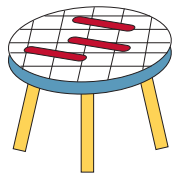
EXERCISES

Do exercises
Watch an exercise video



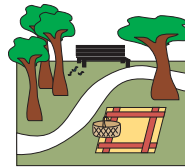
HAVE A BBQ

Make a BBQ with friends



PICNIC

Have a picnic with friends
Make food for a picnic



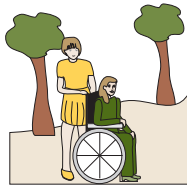
GARDENING

Make my own garden
Grow vegetables
Grow flowers



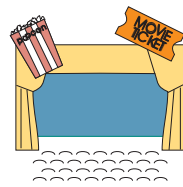
TAKE WALKS

Walk in my neighborhood
Walk in the city
Walk with a friend



MOVIES

Watch movies
Go to the movies



GO TO SCHOOL

Learn new things
Computer class
Reading class



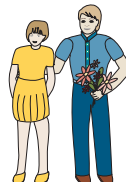
GO TO PARTIES

Make a party for friends
Dance party at a
friends house



DATE

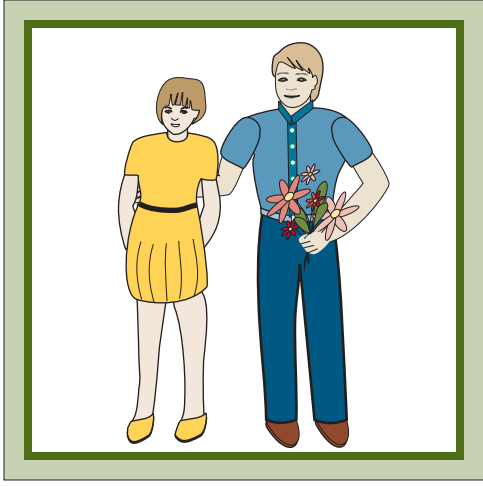
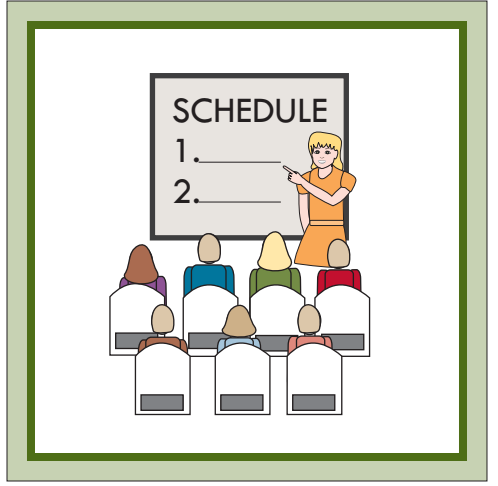
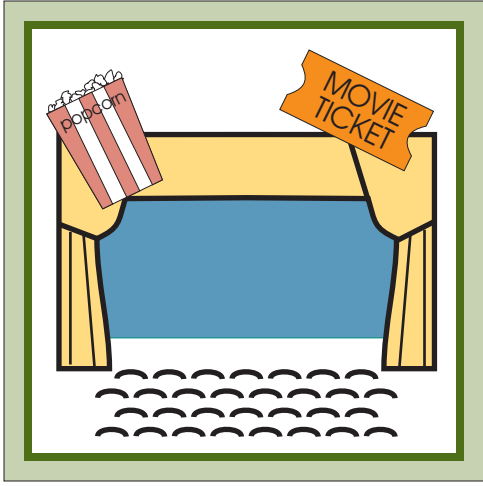
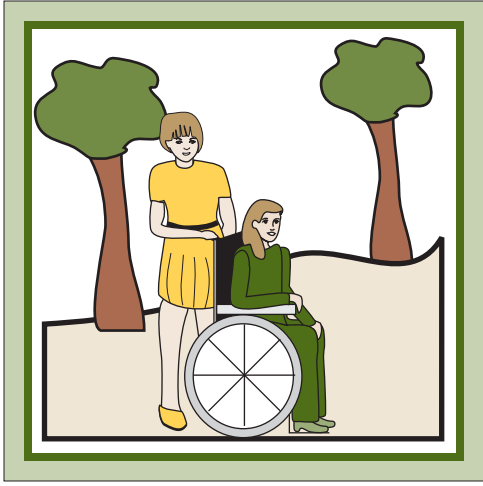
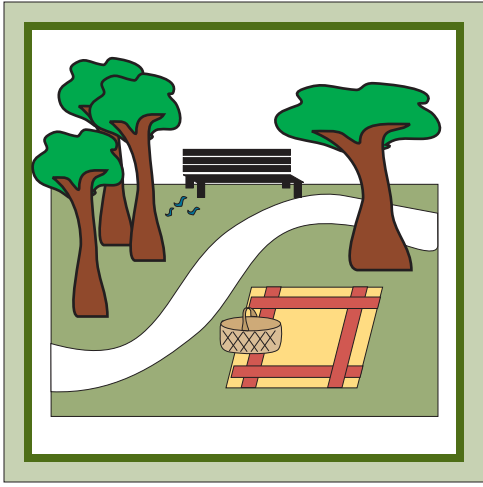
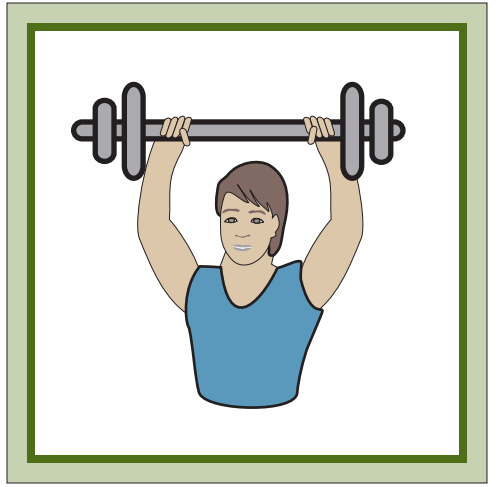
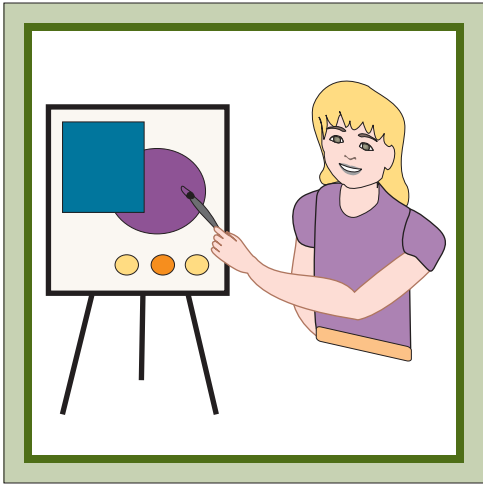
Go on a date

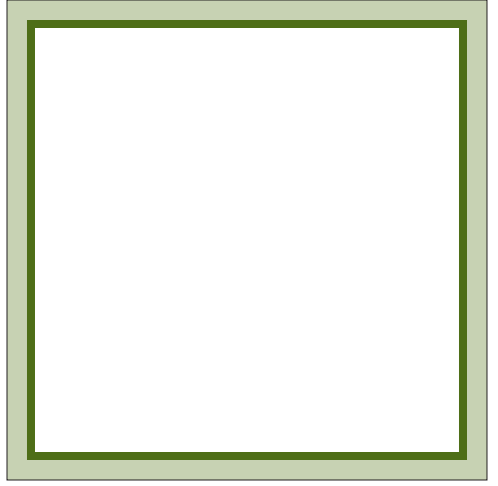
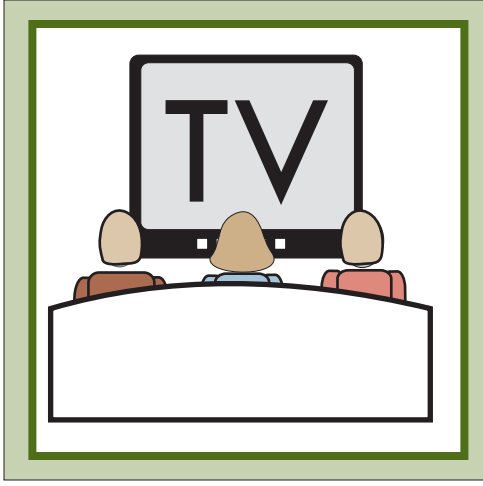
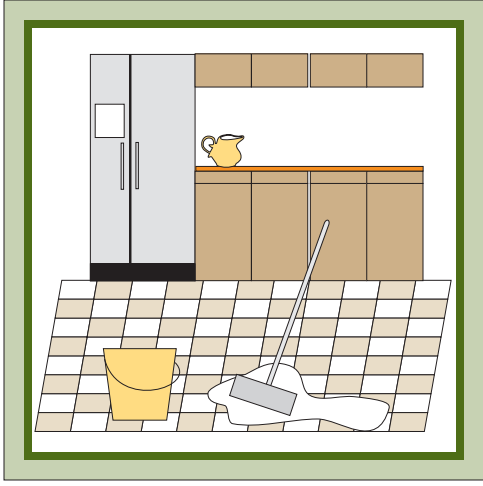
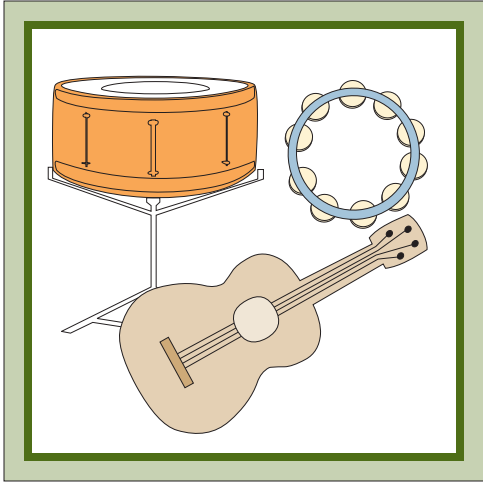
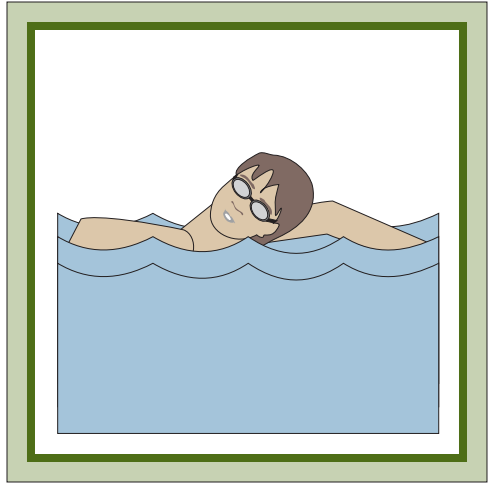
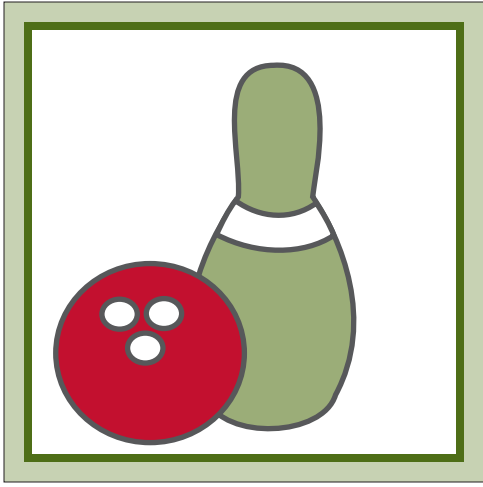
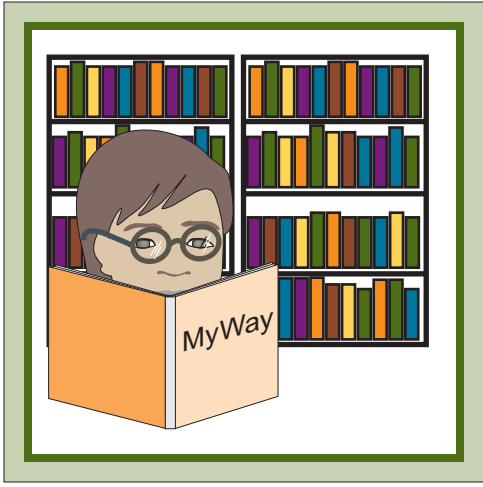
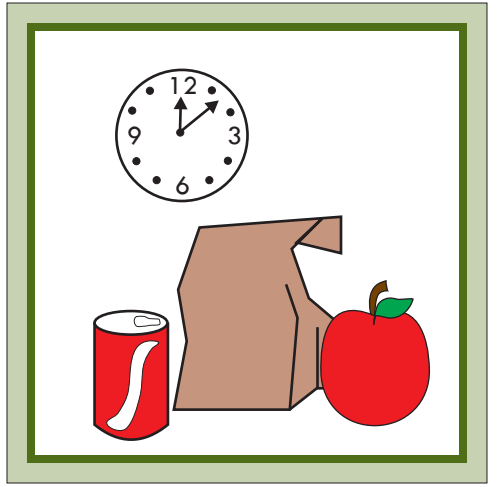


HAVE DINNER

Dinner at home
At a friend's house
Have dinner with family
or a friend







VISIT PEOPLE

Go to my friends home
People visit me



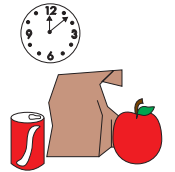
GO SHOPPING

Watch movies
Go to the movies



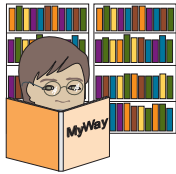
GO TO LUNCH

Have lunch with a friend



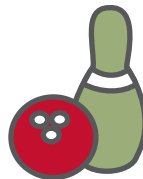
LIBRARY

Read a book
Listen to a CD
Check out books or movies



BOWLING

Go bowling with friends
Join a team



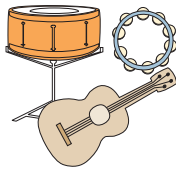
SWIM

Swim team
Swim for exercise
Swim for fun



PLAY INSTRUMENT

Play instrument with a group
Learn to play an instrument



SINGING

Sing in a group
Go out and sing
Sing to music



ANIMALS

Petting zoo
Feed animals



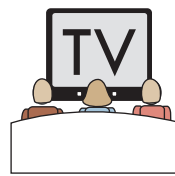
TRANSITION HOME

Do things in a real house
Cook and bake
Clean
Eat
Sleep



HANG WITH FRIENDS

Eat and have drinks
Talk, laugh and joke
Watch a video



MY CHOICE

INSTRUCTIONS AND USE



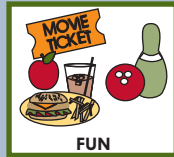
HOME

Pages: 1 - 2



FRIENDS, FAMILY
& STAFF

Pages: 3 - 4



FUN

Pages: 5 - 7



COMMUNITY

Pages: 8 - 9



WORK

Pages: 10



HEALTH & SAFETY

Pages: 11

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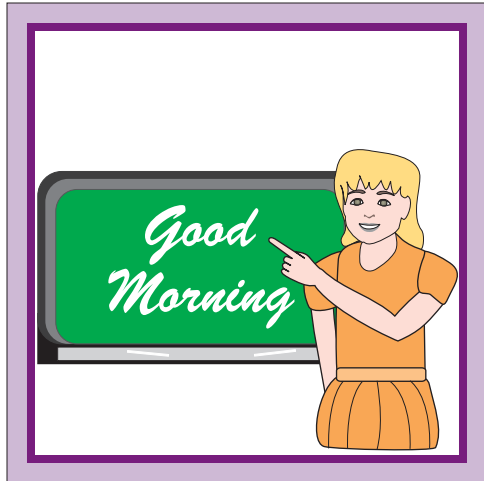
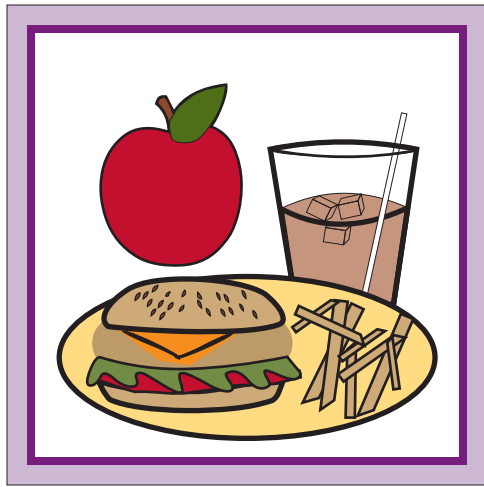
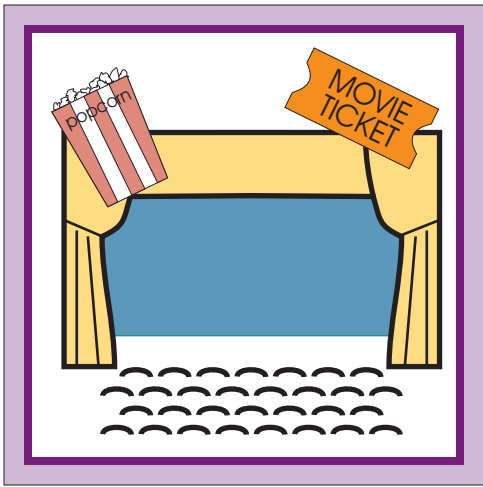
Department of Developmental Services

Office of Human Rights and Advocacy Services

1600 9th Street, Room 240

Sacramento, California 95814

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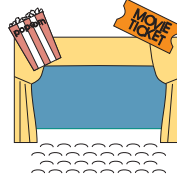
CITY BUS

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



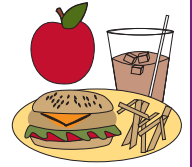
GO TO MOVIES

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



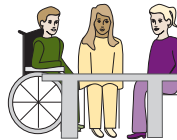
NEIGHBORHOOD

Take a walk
See new people
Say hello



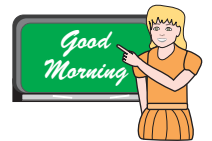
MEETINGS

Meet with friends
Staff meetings
Job meetings



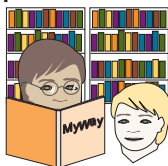
SCHOOL

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



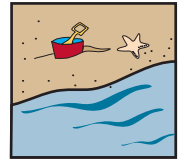
DANCING

Go dancing
Learn to dance



GO TO BEACH

Go with friends
Vacation at the beach



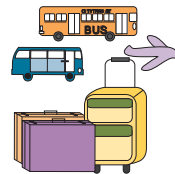
BUS TRIP

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



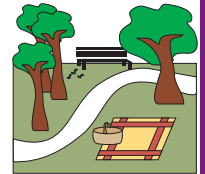
VACATION

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



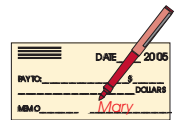
SPEND MONEY

Things I like
Gifts
Stuff



USE A CHECK

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



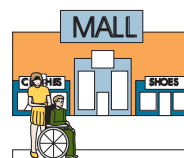
CONFERENCES

People First Conferences
Self advocacy meetings

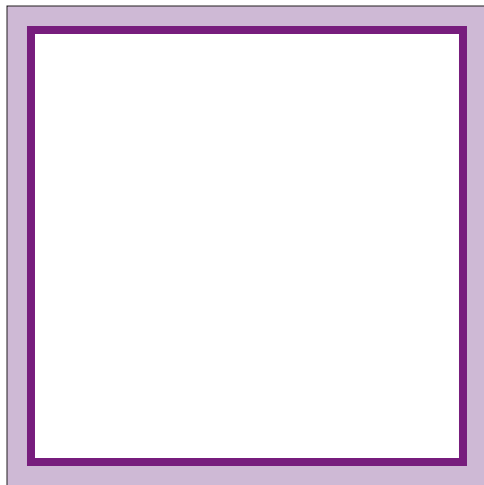
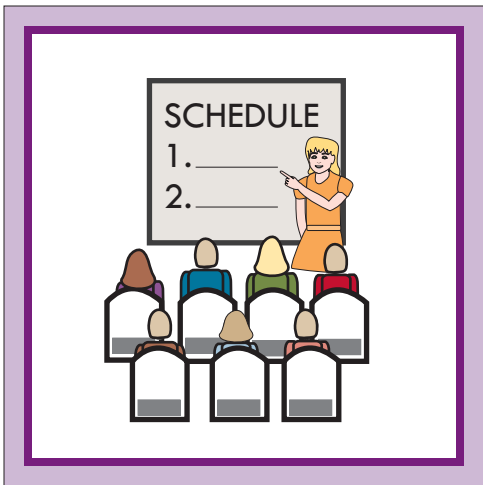
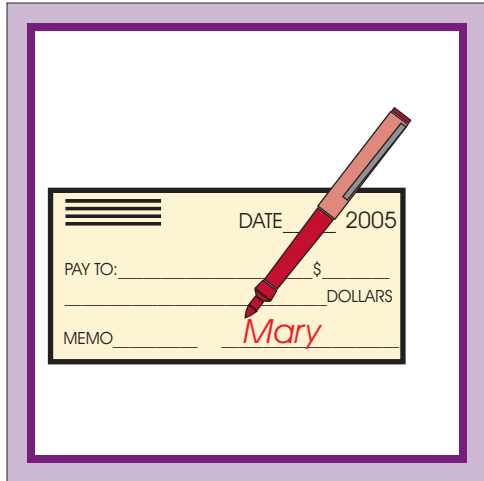
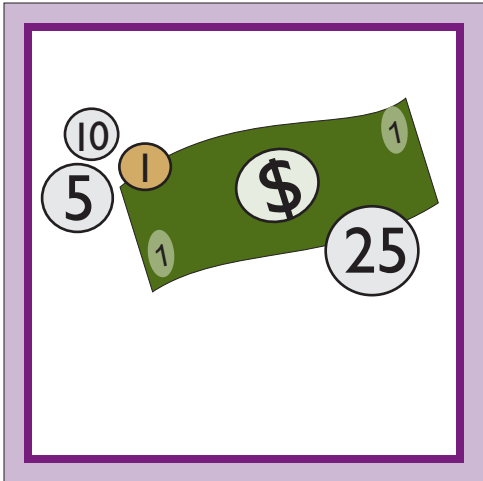
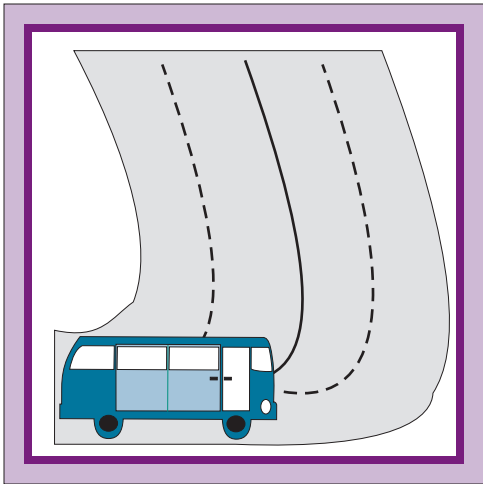
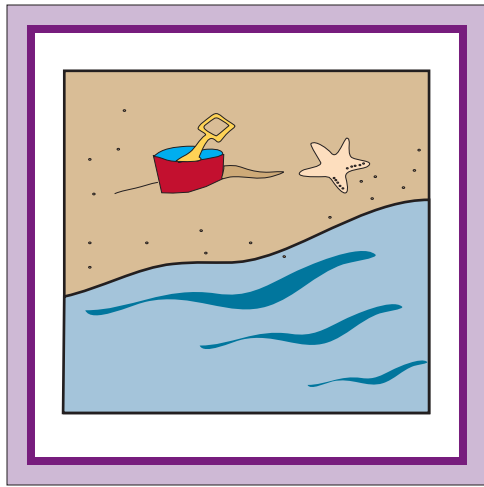
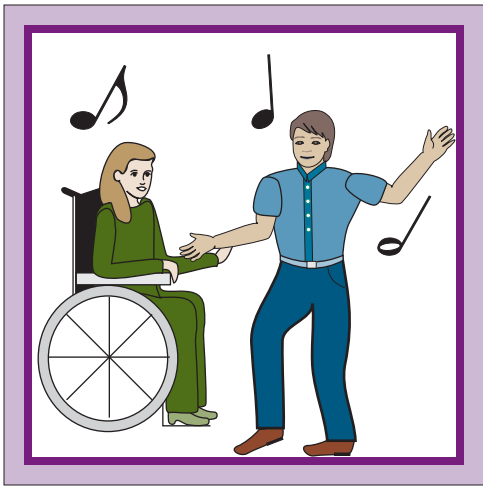


WALK IN TOWN

Window shop
Go in stores



MY CHOICE



INSTRUCTIONS AND USE



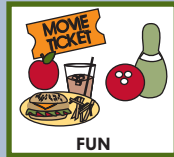
HOME

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

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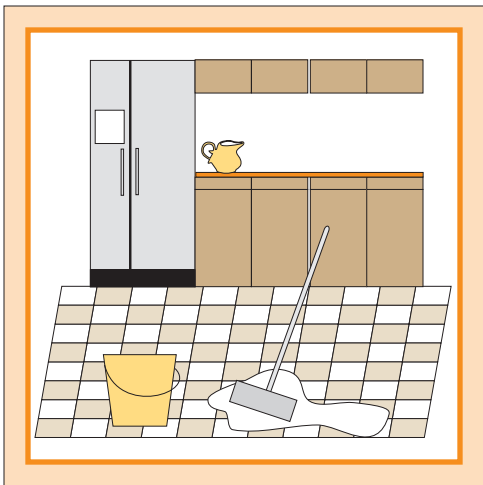
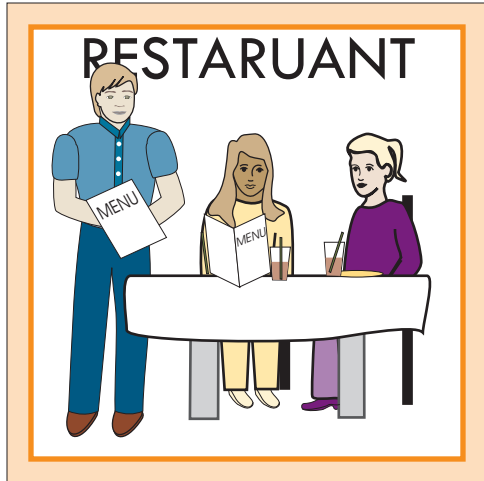
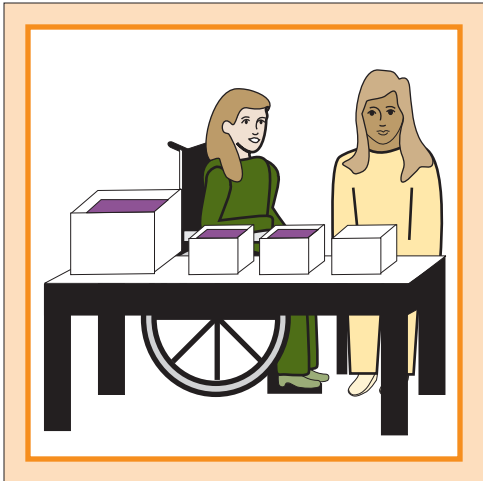
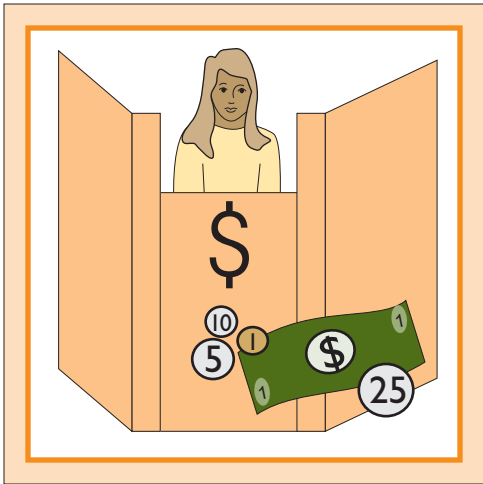
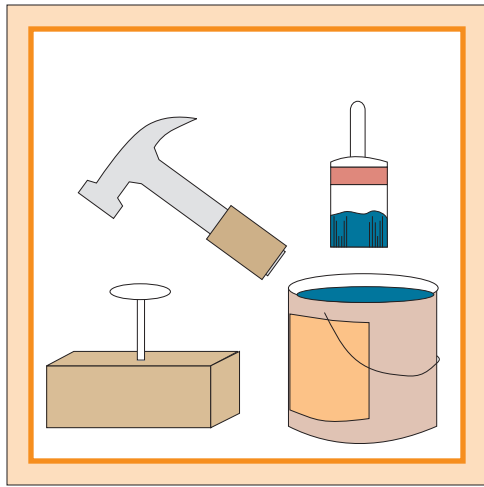
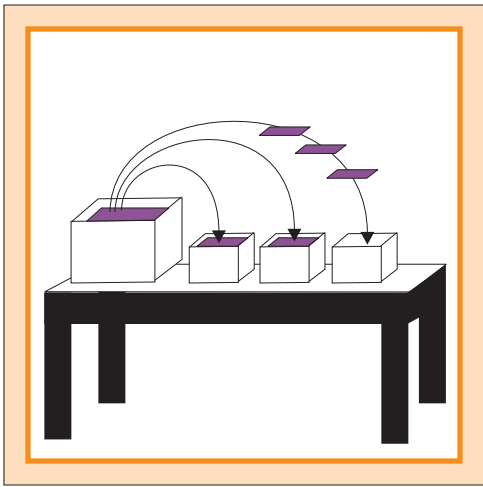
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1600 9th Street, Room 240

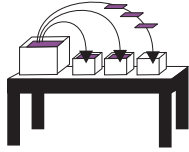
Sacramento, California 95814

(916) 654-1888 www.dds.ca.gov



WORKSHOP

Piece work

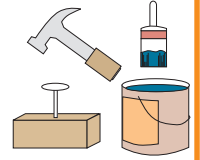


RECYCLE



MAINTENANCE

Make repairs
Paint walls
Clean offices



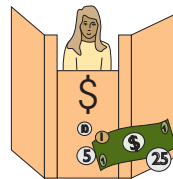
WORK IN STORE

Put things on shelves
Be a cashier
Sell things
Dust



WORK IN A BANK

Work with money



WORK IN AN OFFICE

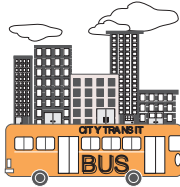
Answer the telephone
Copy papers
Office helper



TAKE A BUS

Take a bus to work
...not a van

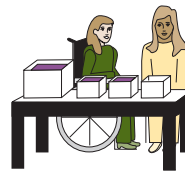
Work in transportation



WORK WITH FRIENDS

Work in the same place,
but different work

Do the same work



RESTAURANT

Serve people
Help cook food



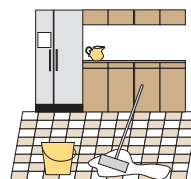
WORK WITH ANIMALS

Pet cleaner/feeder
Greet people at a
veteranarian's office
Pet sitter



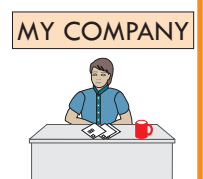
CLEANING

House cleaning



RESTAURANT

Work for myself



INSTRUCTIONS AND USE



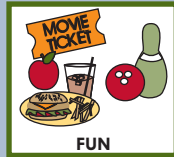
HOME

Pages: 1 - 2



FRIENDS, FAMILY
& STAFF

Pages: 3 - 4



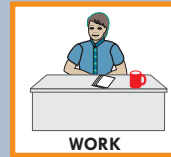
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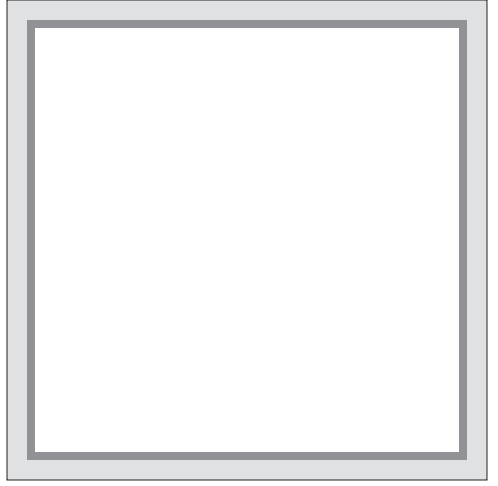
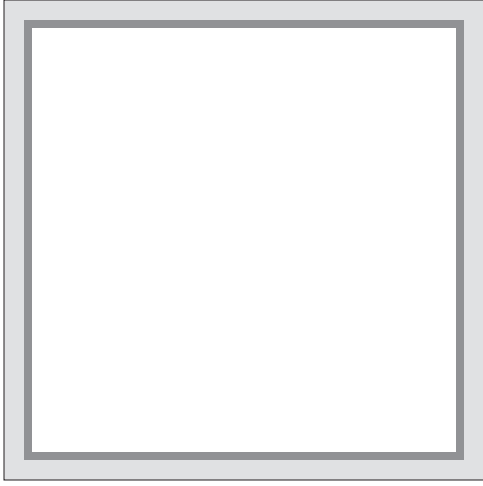
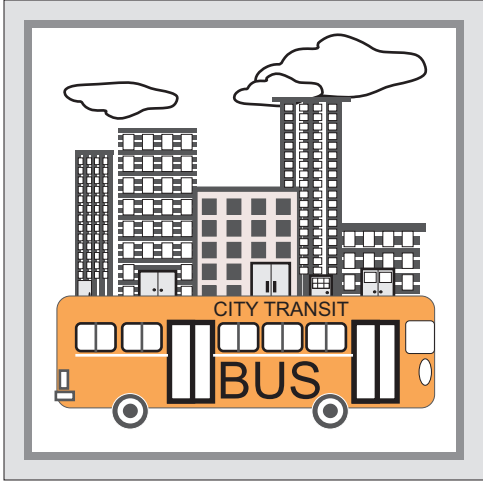
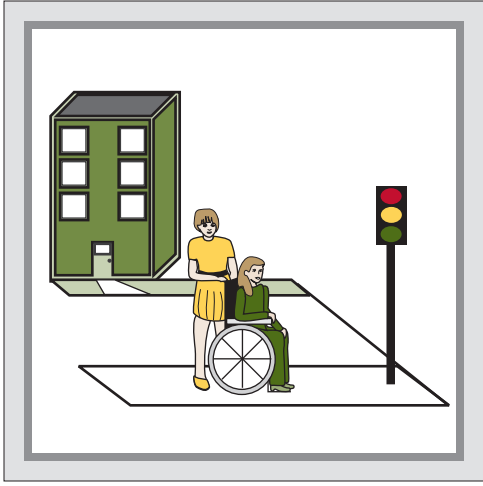
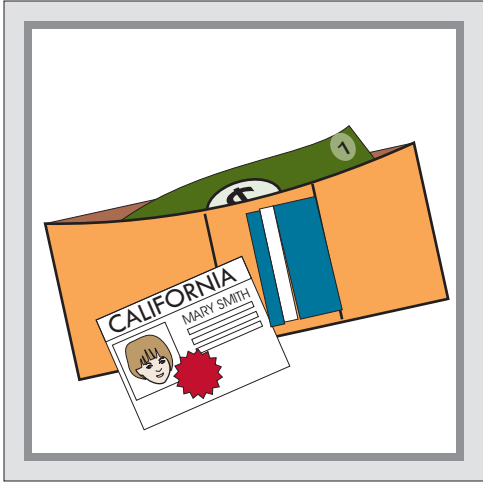
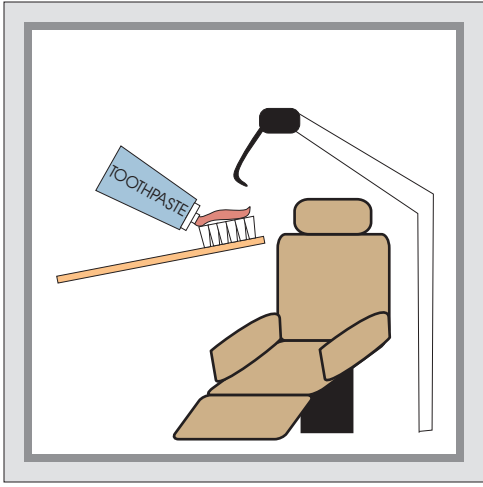
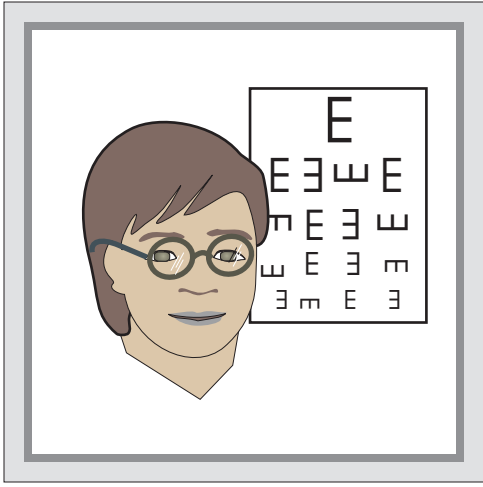
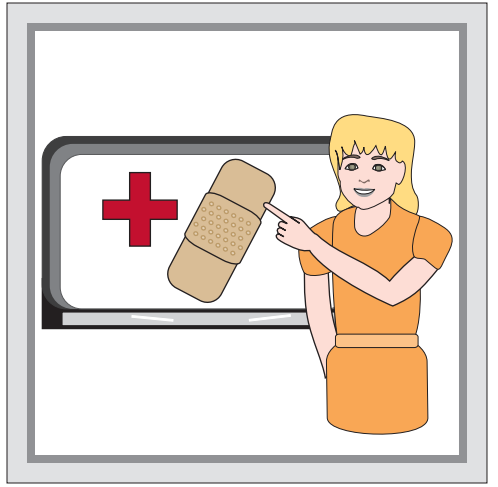
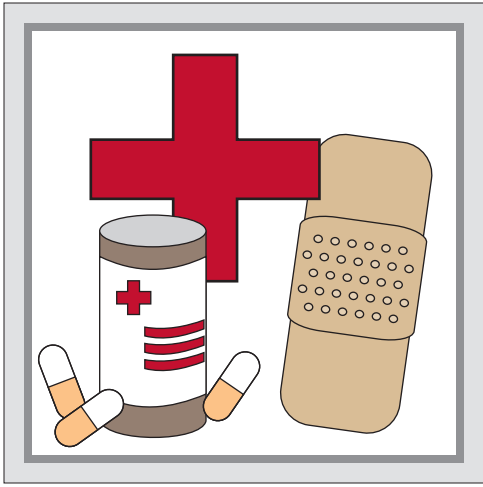
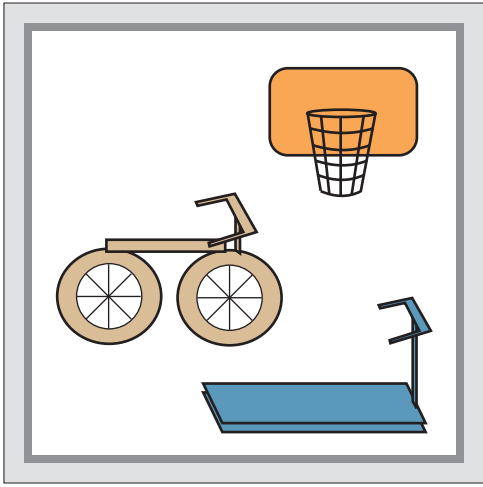
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GO TO THE GYM

Use weights
Treadmill
Take a gym class



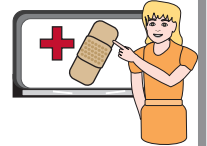
TAKING MEDS

Take meds to stay healthy



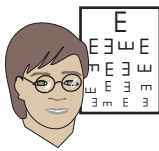
LEARN FIRST AID

Taking care of myself
CPR



EYE DOCTOR

Have my eyes checked



DENTIST

Have my teeth cleaned



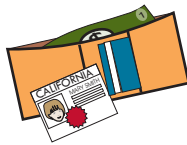
EXERCISE

Do exercises to stay healthy



EMERGENCY INFO

My ID card
Health information
Where I live



WALK SAFELY

Walking in the city
on busy streets



GO TO DOCTOR

See my doctor when
I am sick



USE THE BUS

To work and home
Learn how to use the bus
In the community



MY CHOICE

MY CHOICE