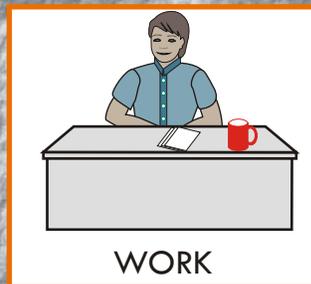
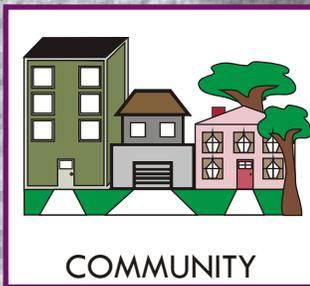
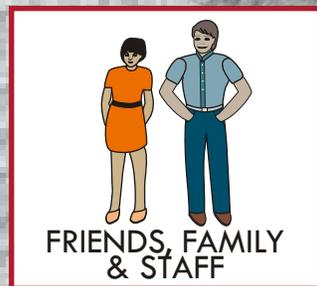


# PICTURE STICKER BOOK

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 9<sup>th</sup> Street, Room 240  
Sacramento, California 95814  
(916) 654-1888 [www.dds.ca.gov](http://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

## 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)

Mark Starford and Sherry Beamer

Donna Aikins Design

WestEd, Inc.



**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)

# INSTRUCTIONS AND USE



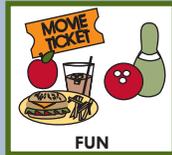
HOME

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)

Mark Starford and Sherry Beamer

Donna Aikins Design

WestEd, Inc.



**Consumer Advisory Committee 2005**

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

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

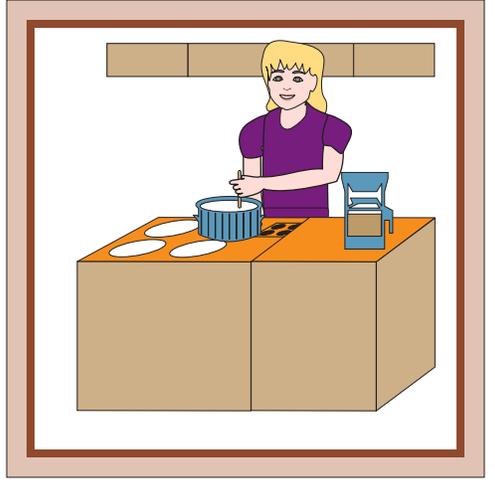
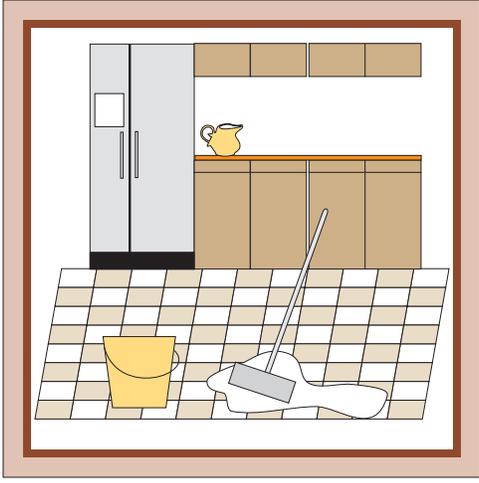
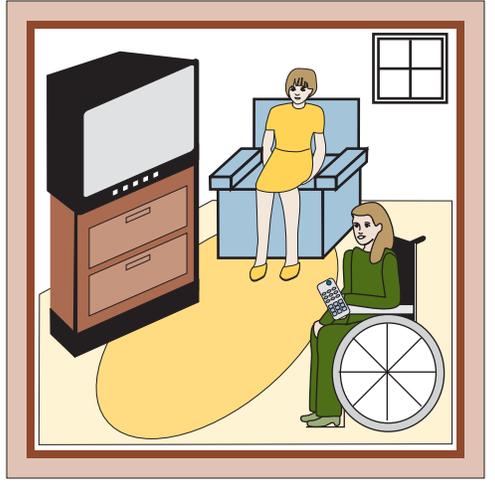
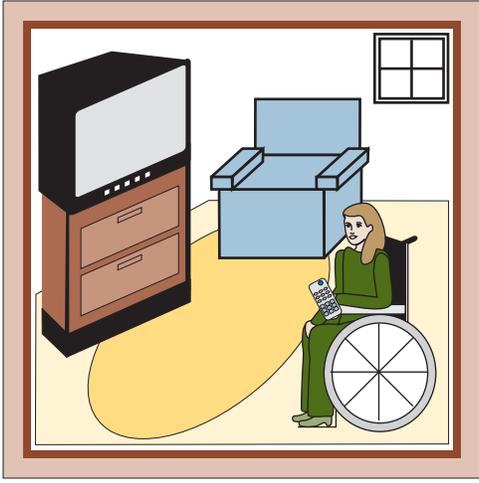
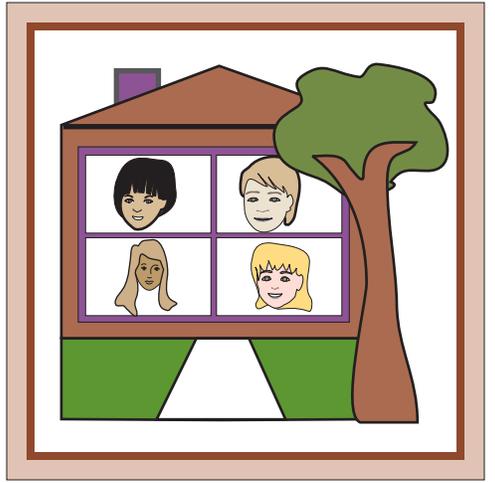
Department of Developmental Services

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)



# 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



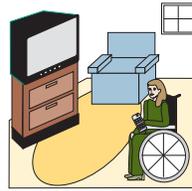
# BATHROOM

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

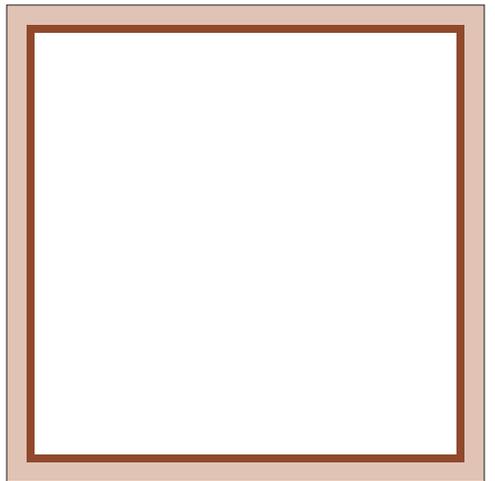
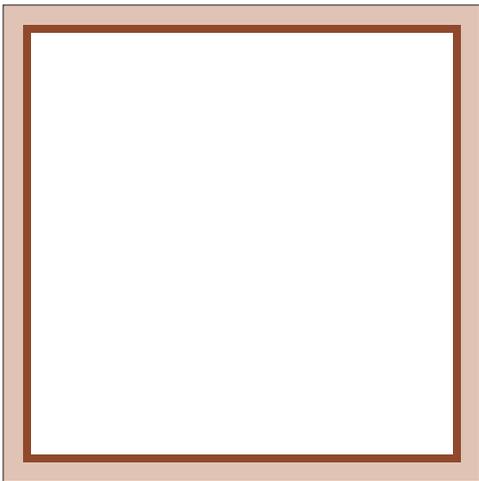
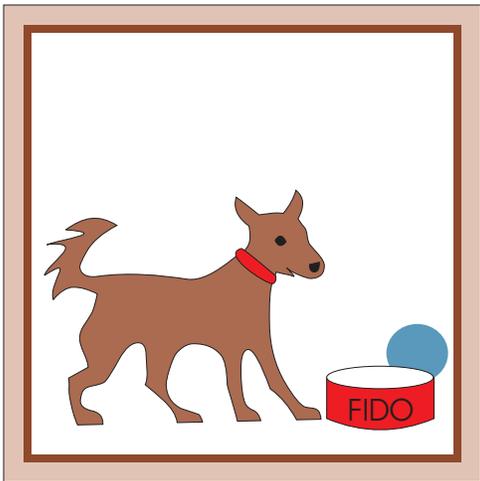
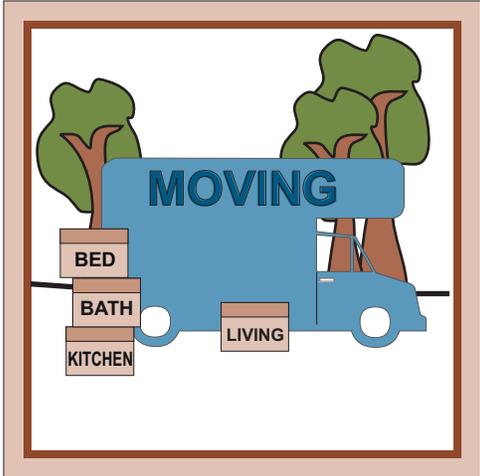
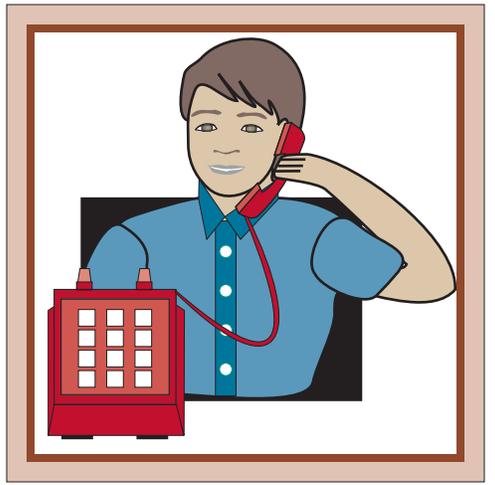
Clean my own home  
Clean my own room  
Take care of my own home



# 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



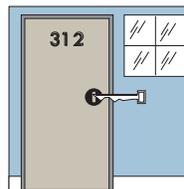
# MOVING TRUCK

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  
& 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)

Mark Starford and Sherry Beamer

Donna Aikins Design

WestEd, Inc.



**Consumer Advisory Committee 2005**

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

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

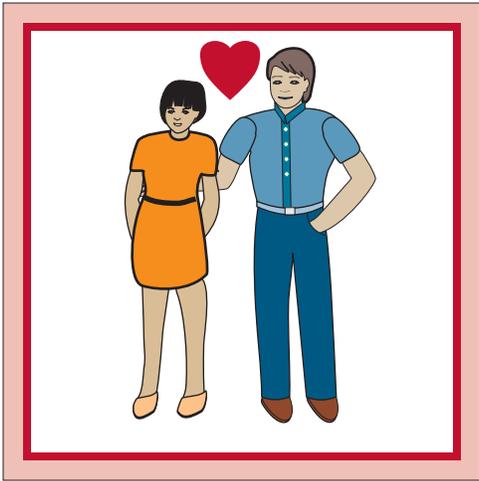
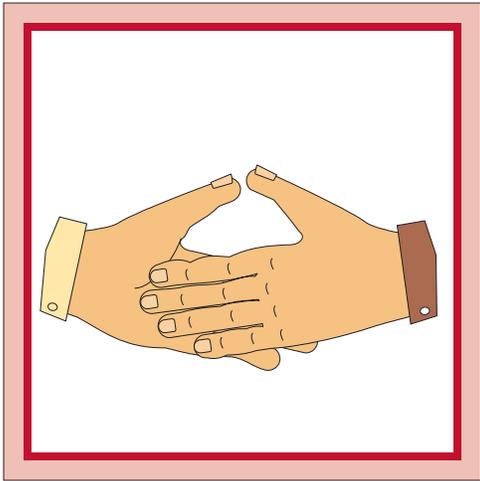
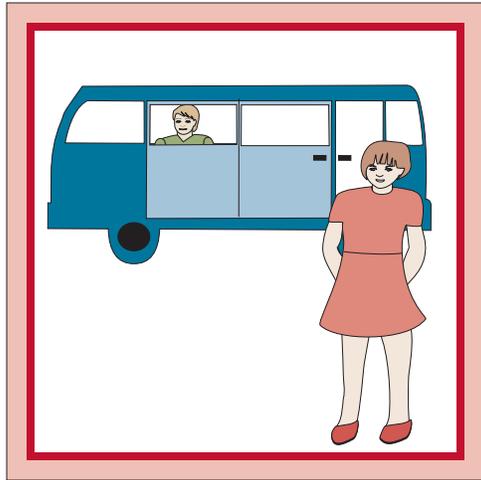
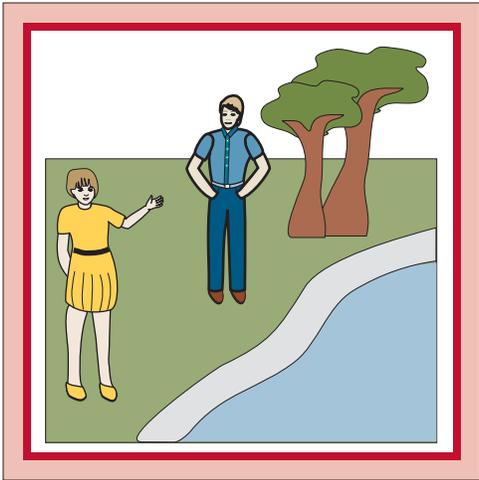
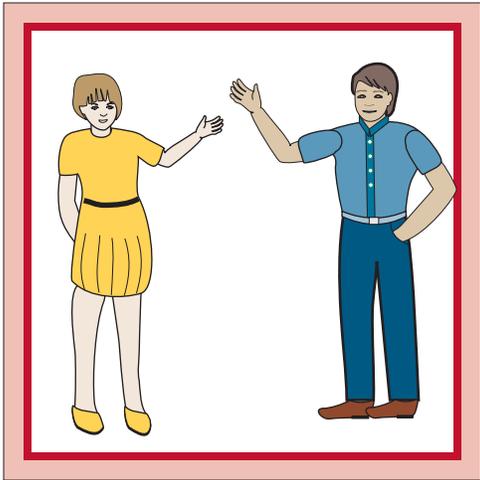
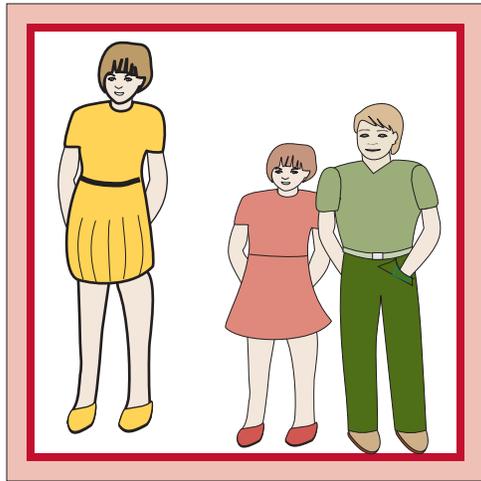
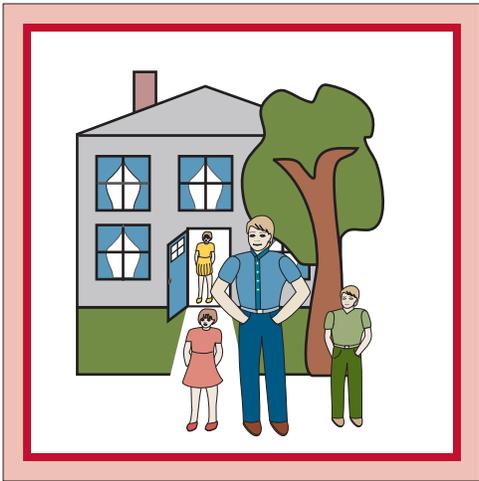
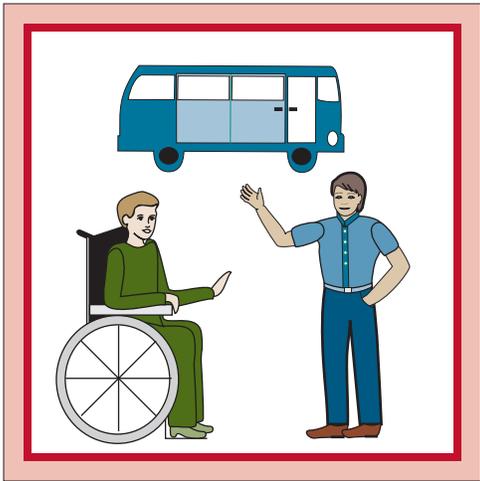
Department of Developmental Services

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)



## 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



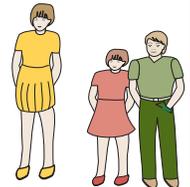
## FAMILY

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



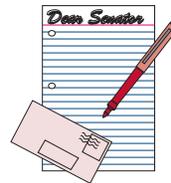
## REST AND RELAX

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



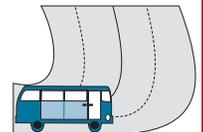
## MAILBOX

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



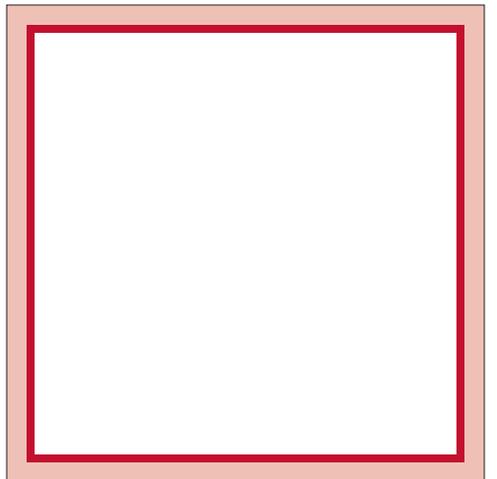
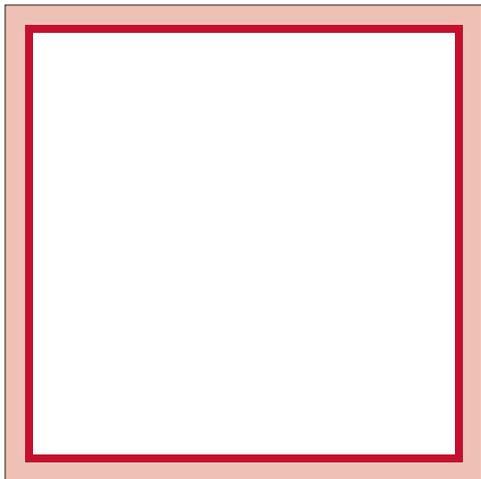
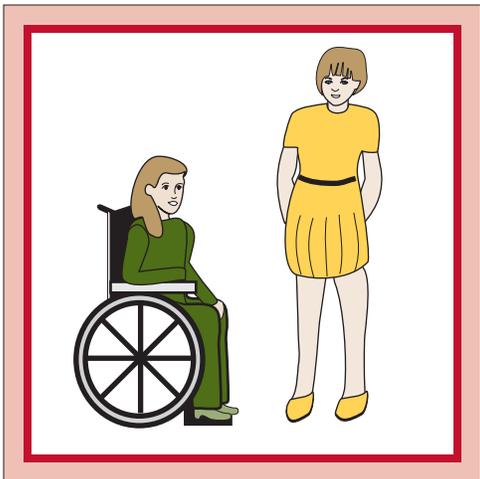
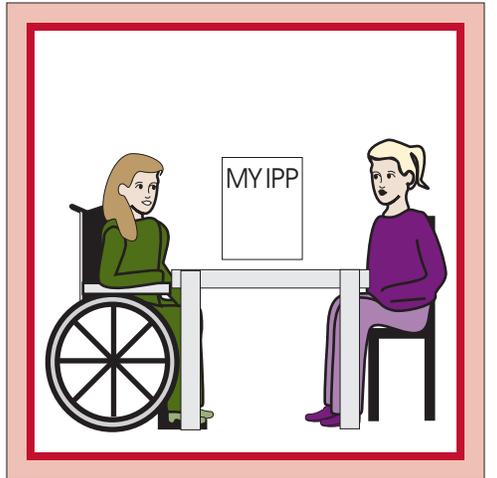
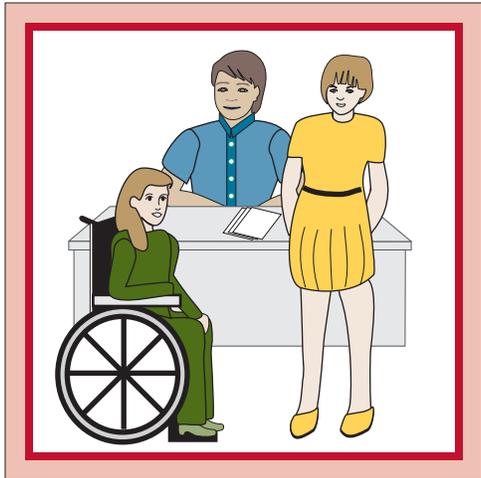
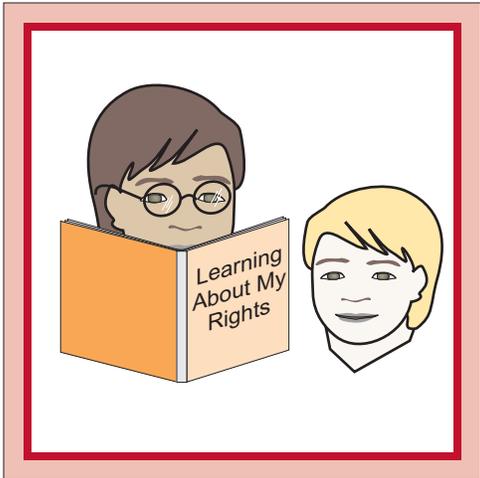
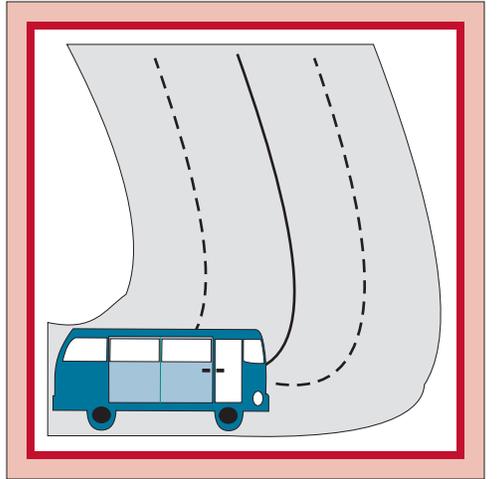
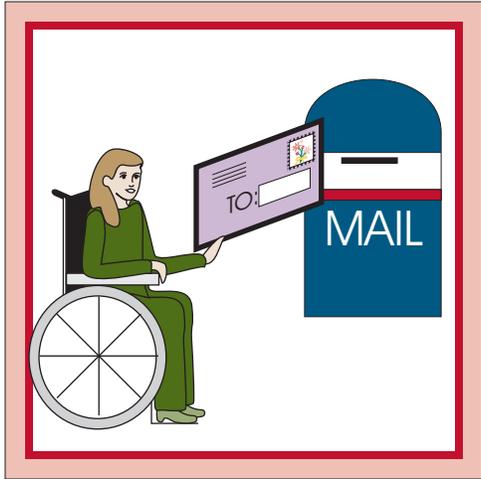
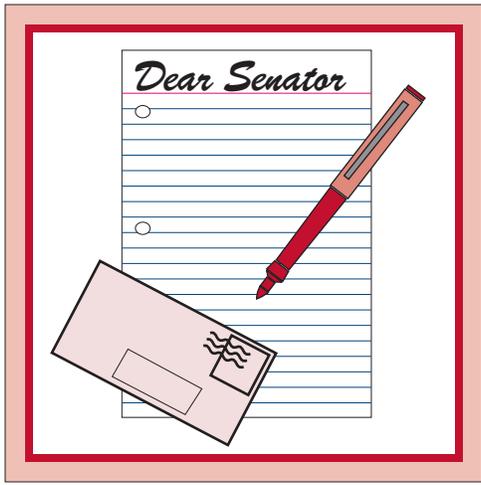
## A BEST FRIEND

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

## 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)

Mark Starford and Sherry Beamer

Donna Aikins Design

WestEd, Inc.



**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

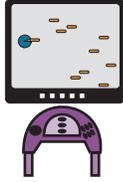
1600 9<sup>th</sup> Street, Room 240

Sacramento, California 95814

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

## VIDEO GAMES

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



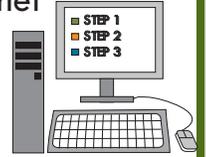
## WATCH TV

Sports game  
Favorite shows  
Movies



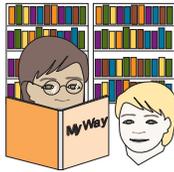
## COMPUTER

Use my computer  
Computer games  
Write letters  
Internet



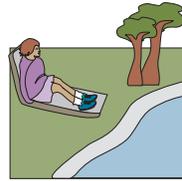
## READ A BOOK

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



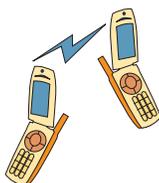
## FRIENDS COME OVER

For dinner  
Watch TV and play games  
Talk



## CALLING

Talk with friends or family  
on the phone



## PLAY GAMES

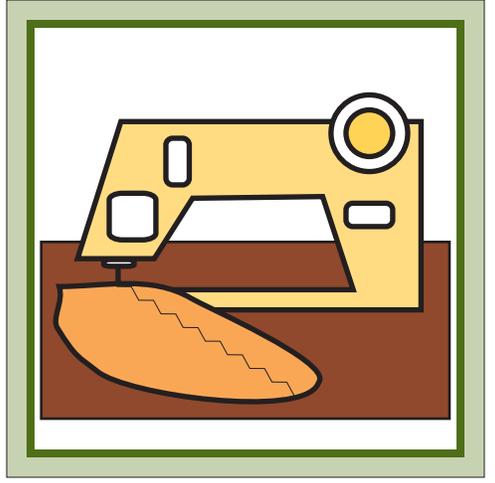
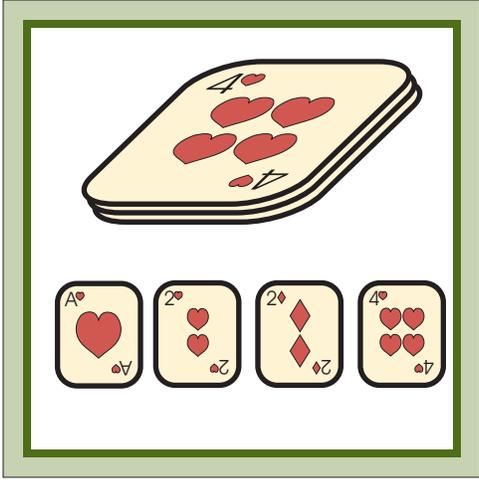
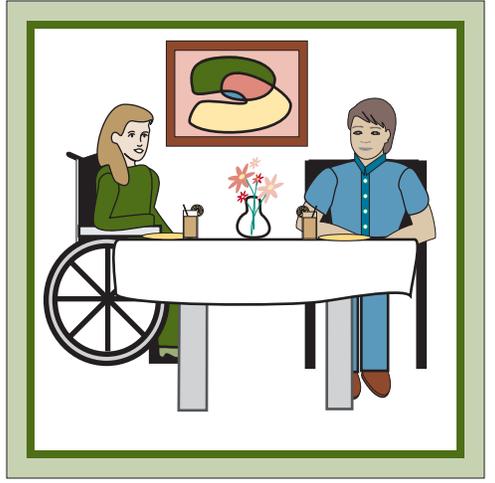
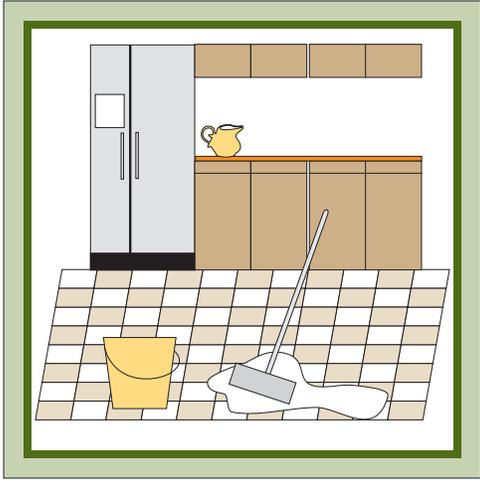
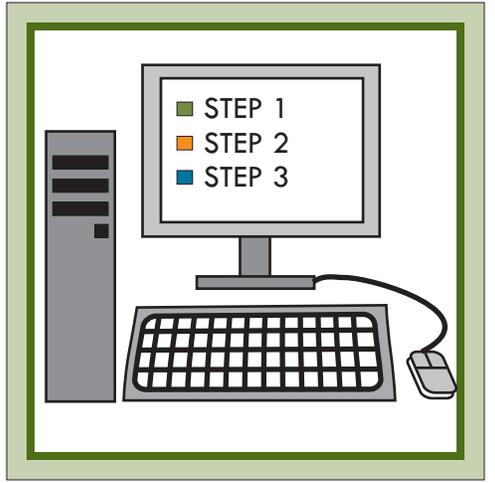
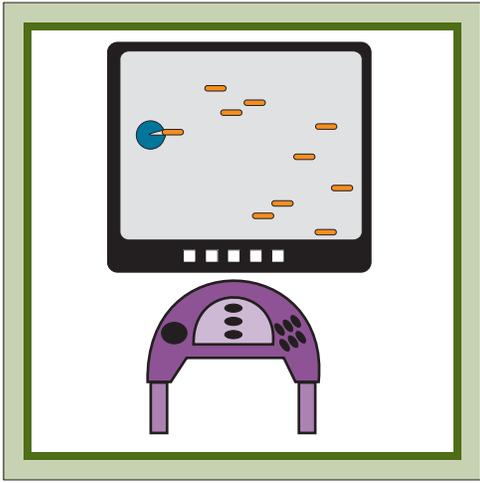
Play cards  
Do puzzles



## SEWING

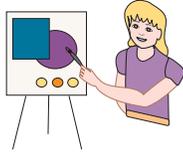
Make clothes





## PAINTING

Take an art class  
Paint in the park  
Paint at home



## PLAY SPORTS

Play sports with  
friends or staff



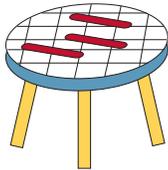
## EXERCISES

Do exercises  
Watch an exercise video



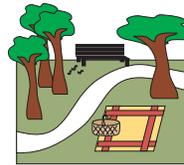
## HAVE A BBQ

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



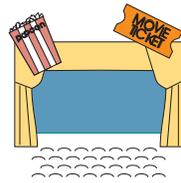
## TAKE WALKS

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

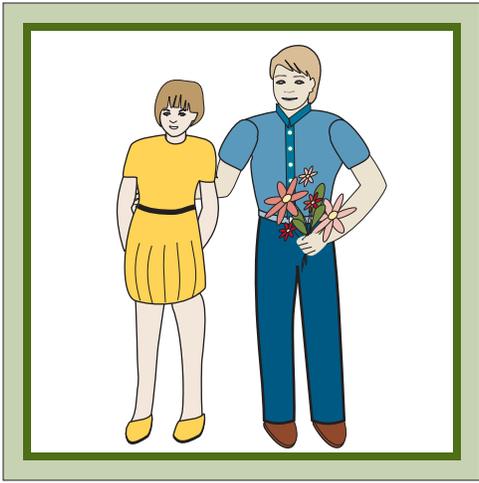
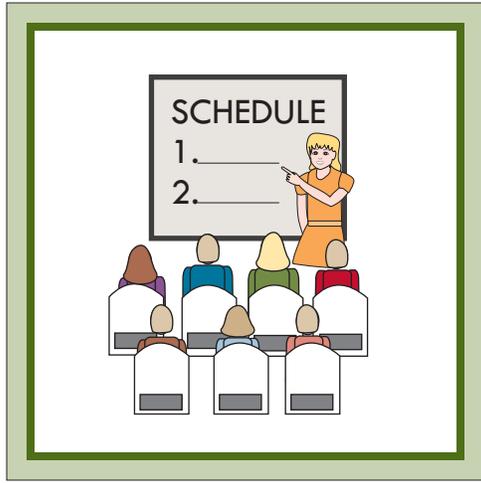
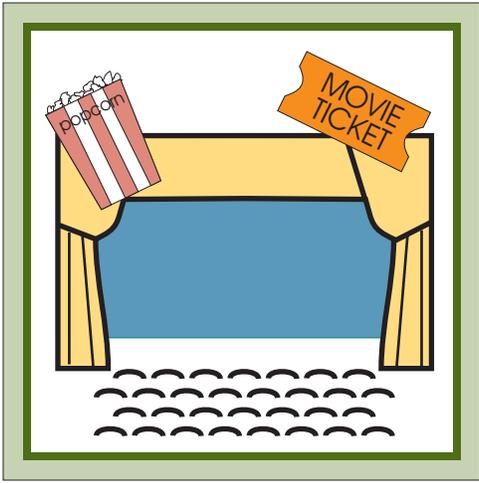
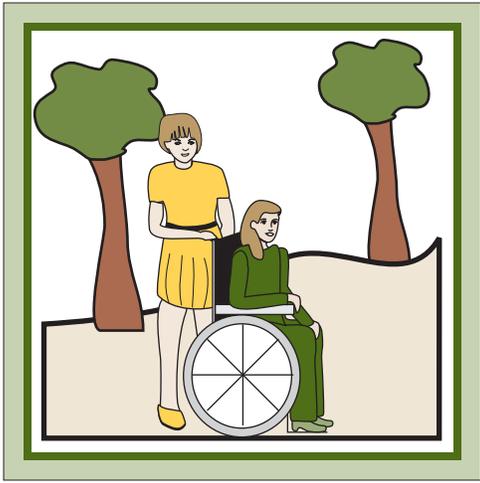
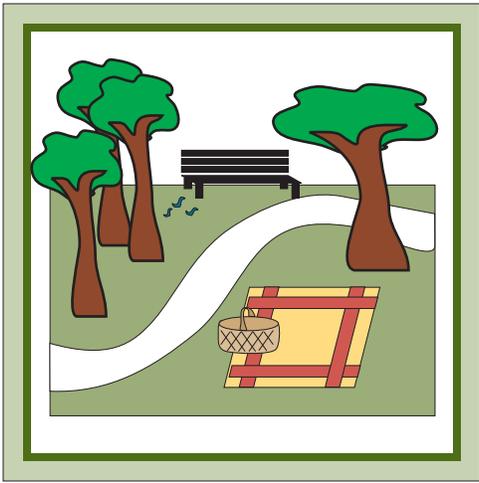
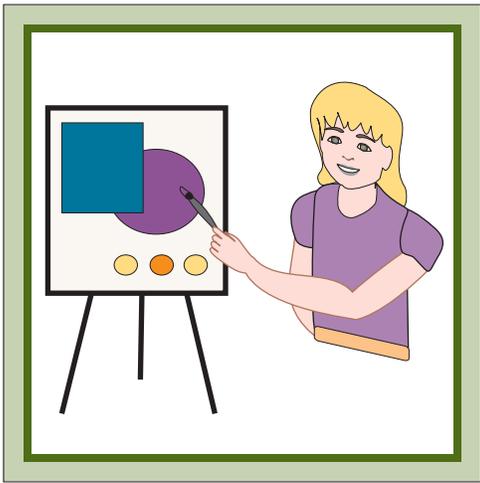
Go on a date

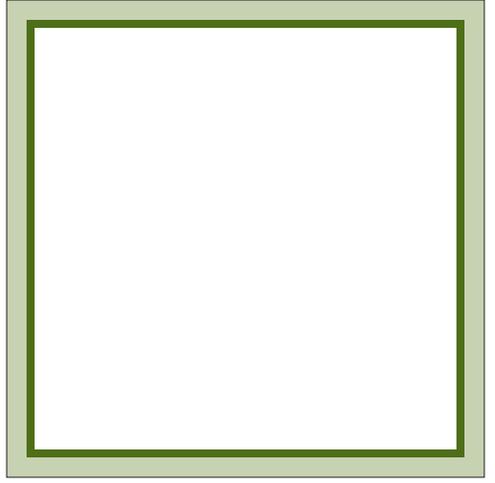
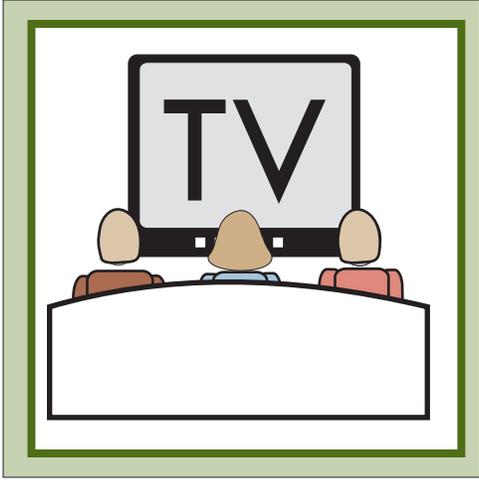
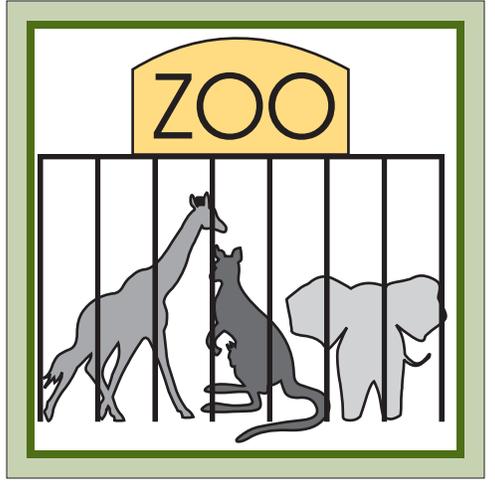
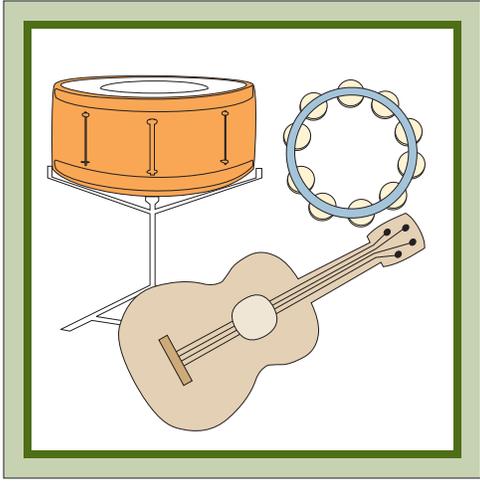
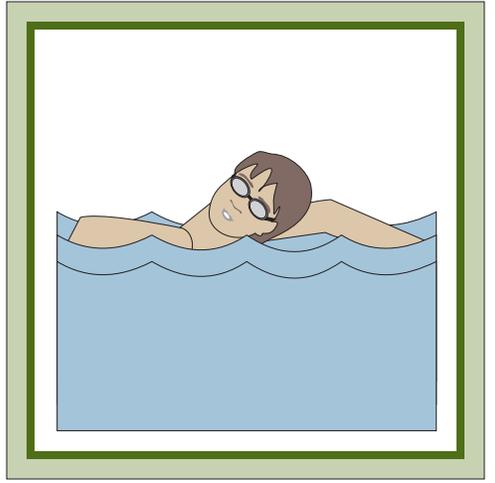
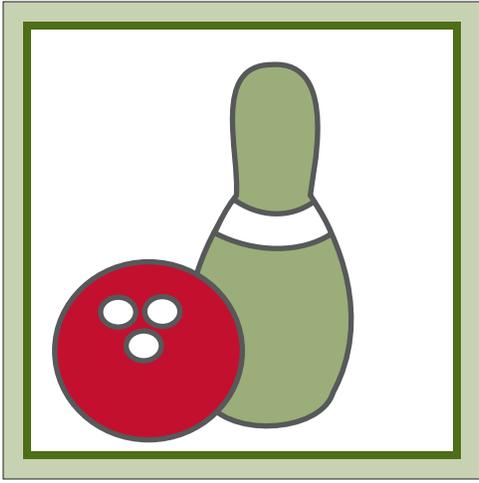
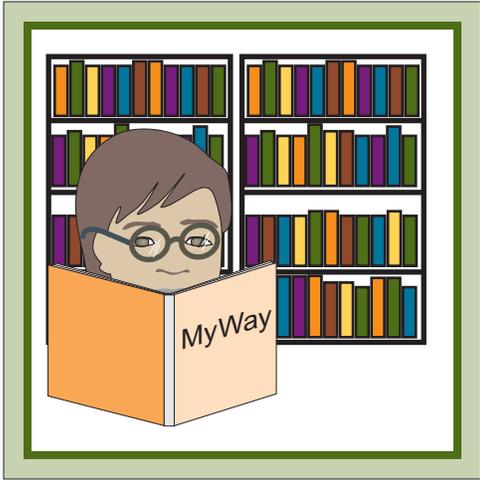
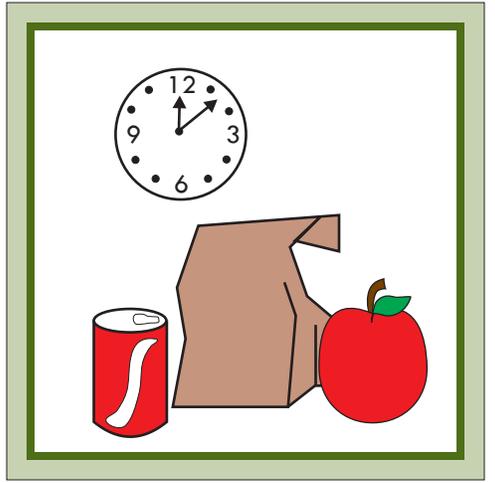


## HAVE DINNER

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







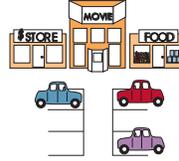
## VISIT PEOPLE

Go to my friends home  
People visit me



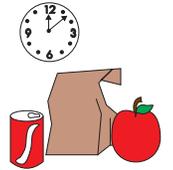
## GO SHOPPING

Watch movies  
Go to the movies



## GO TO LUNCH

Have lunch with a friend



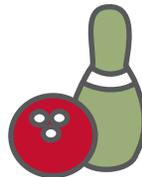
## LIBRARY

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



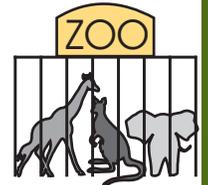
## SINGING

Sing in a group  
Go out and sing  
Sing to music



## ANIMALS

Petting zoo  
Feed animals



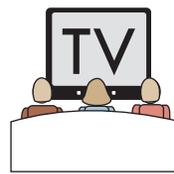
## TRANSITION HOME

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

## 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)

Mark Starford and Sherry Beamer

Donna Aikins Design

WestEd, Inc.



**Consumer Advisory Committee 2005**

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

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

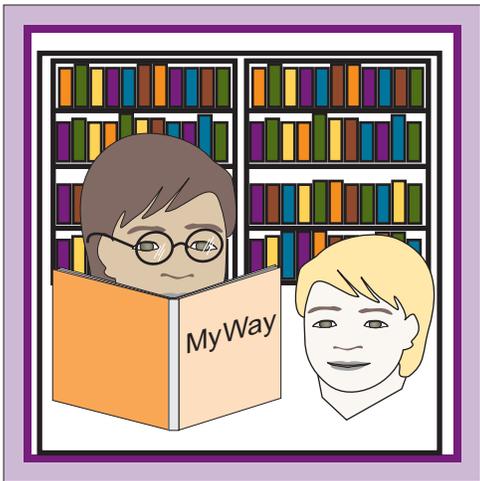
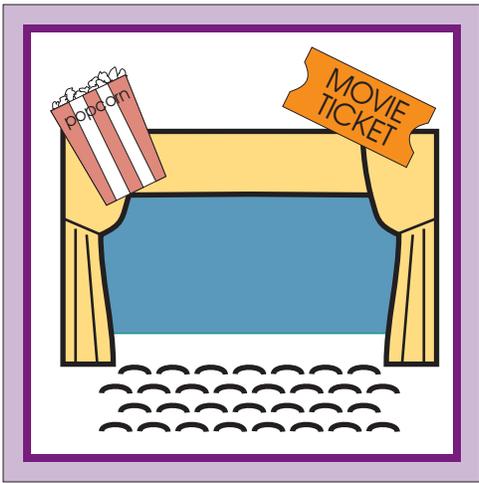
Department of Developmental Services

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)



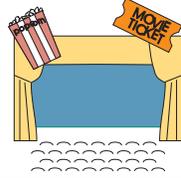
## CITY BUS

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



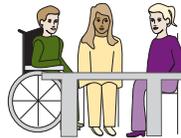
## NEIGHBORHOOD

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



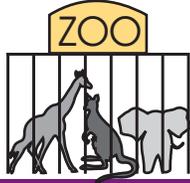
## SHOP IN STORES

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



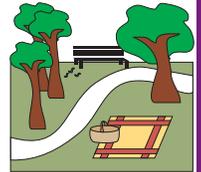
# VACATION

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



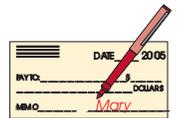
# SPEND MONEY

Things I like  
Gifts  
Stuff



# USE A CHECK

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



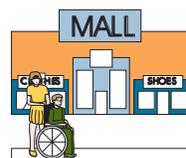
# CONFERENCES

People First Conferences  
Self advocacy meetings

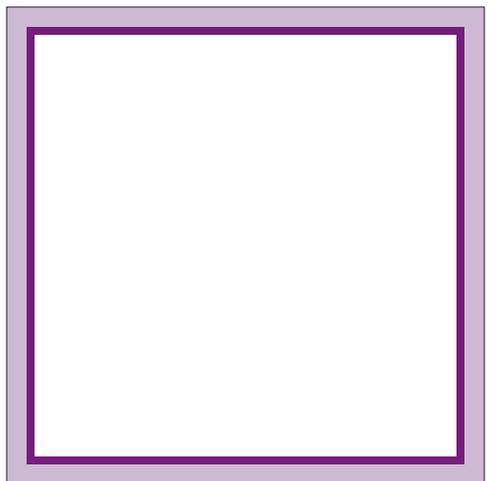
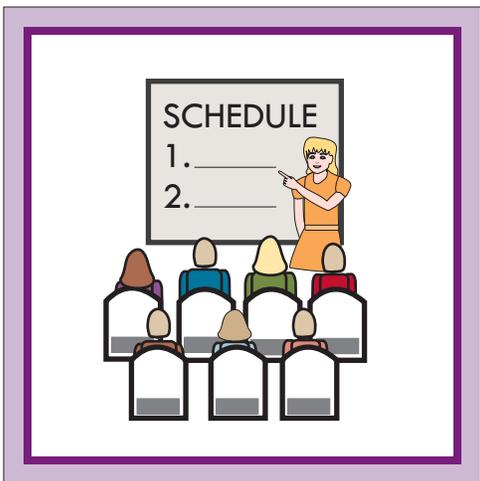
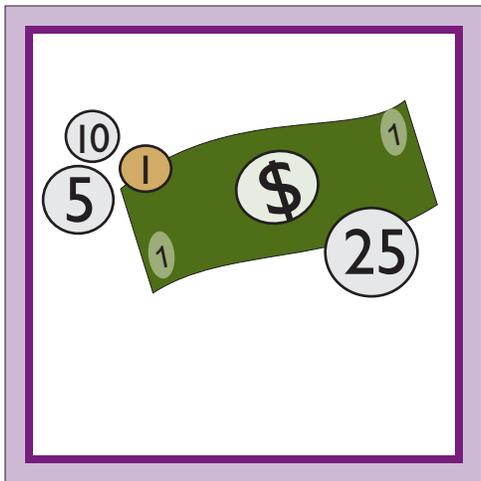
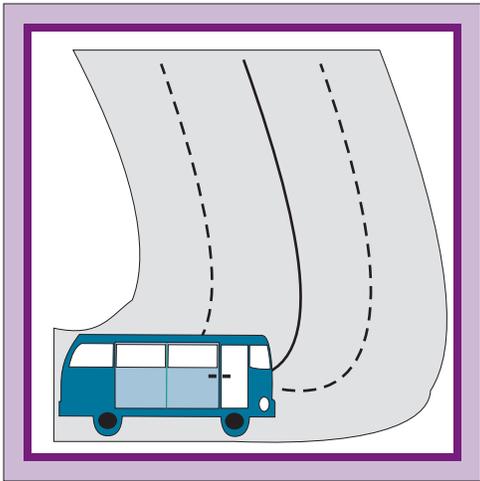


# WALK IN TOWN

Window shop  
Go in stores



# MY CHOICE



# 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)

Mark Starford and Sherry Beamer

Donna Aikins Design

WestEd, Inc.



**Consumer Advisory Committee 2005**

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

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

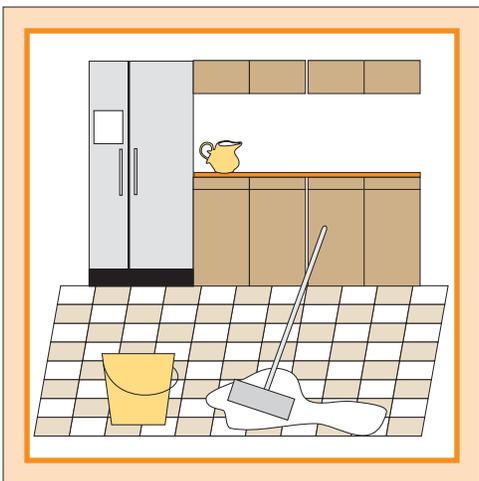
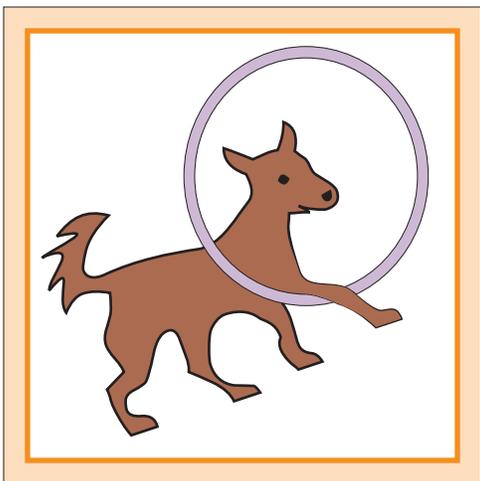
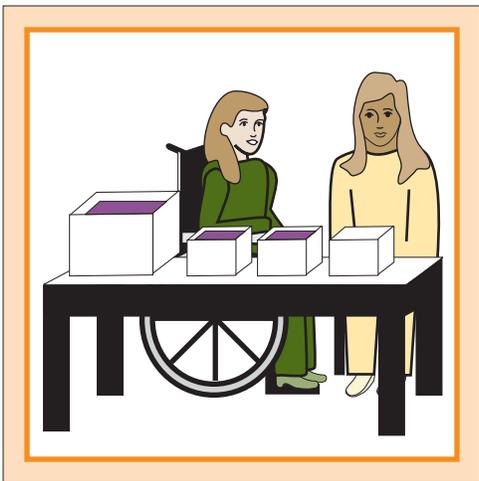
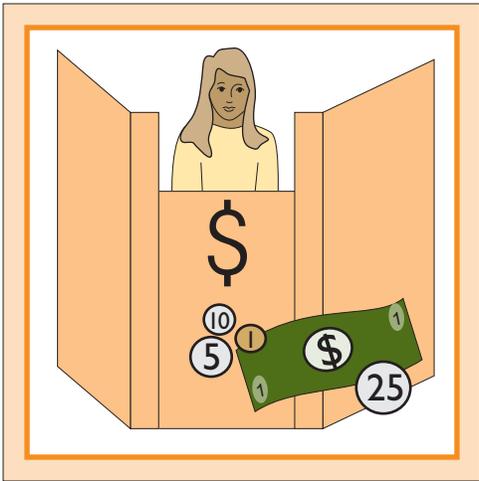
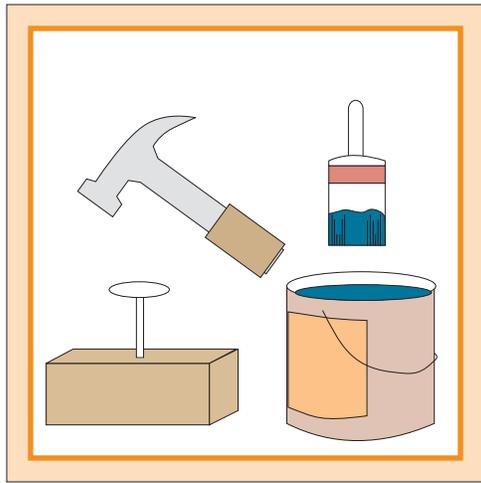
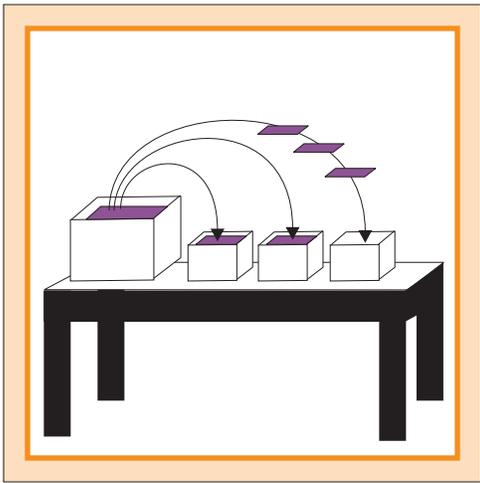
Department of Developmental Services

Office of Human Rights and Advocacy Services

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

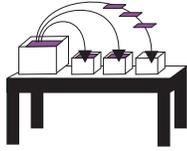
Sacramento, California 95814

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



# WORKSHOP

Piece work

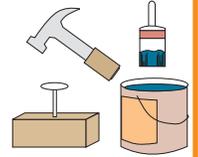


# RECYCLE



# MAINTENANCE

Make repairs  
Paint walls  
Clean offices



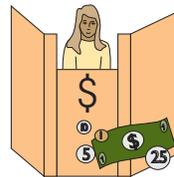
# WORK IN STORE

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

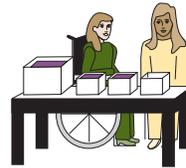
Work in transportation



# 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



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)

Mark Starford and Sherry Beamer

Donna Aikins Design

WestEd, Inc.



**Consumer Advisory Committee 2005**

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

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

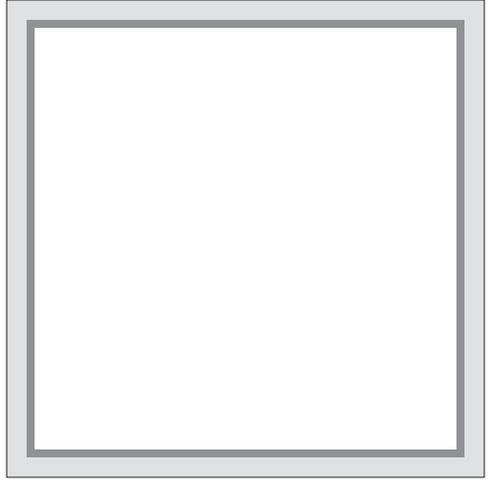
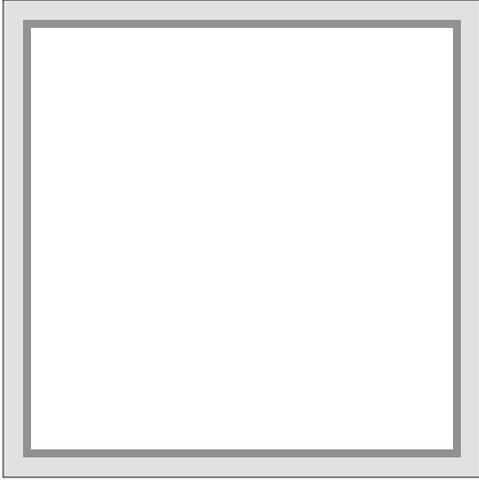
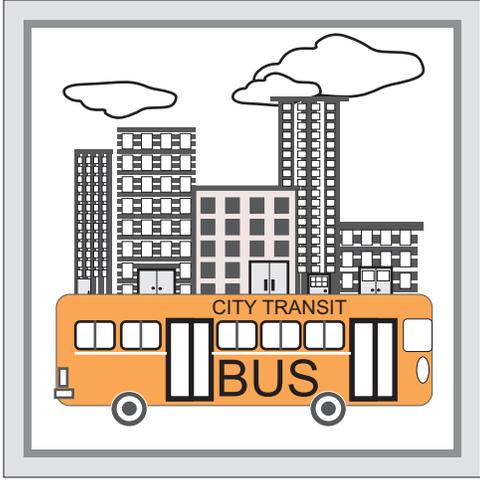
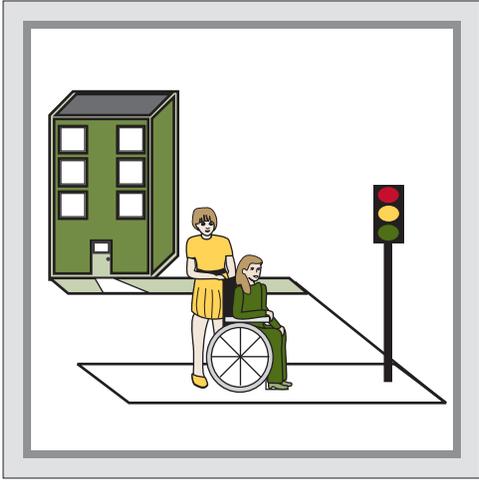
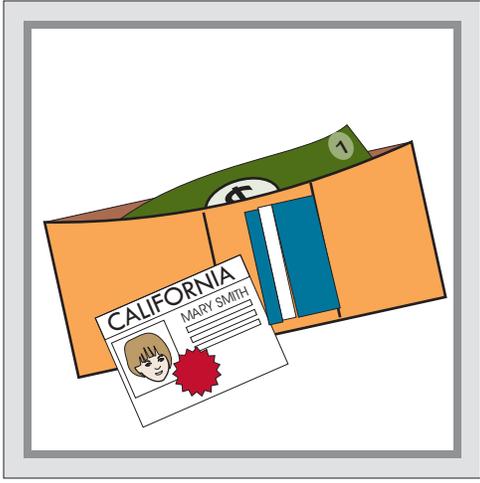
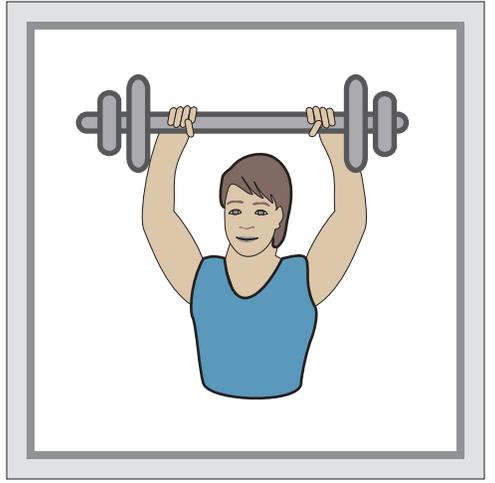
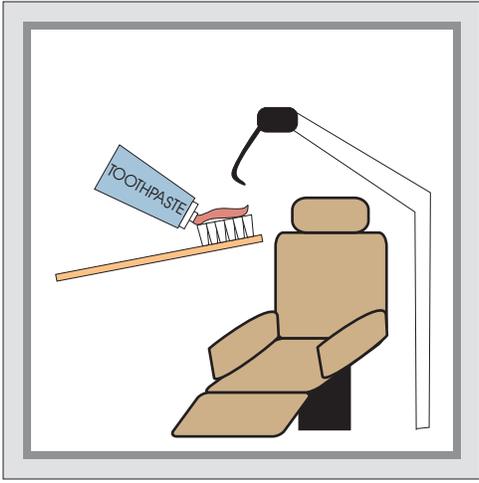
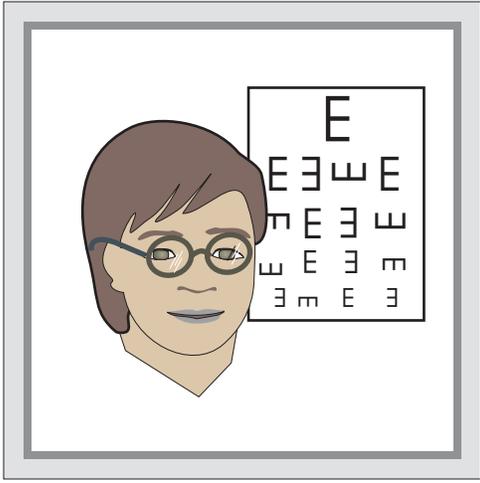
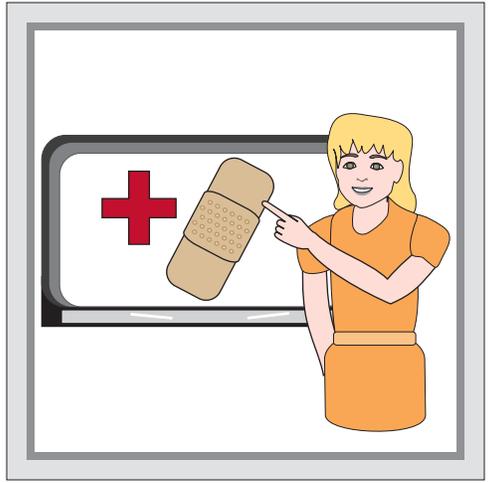
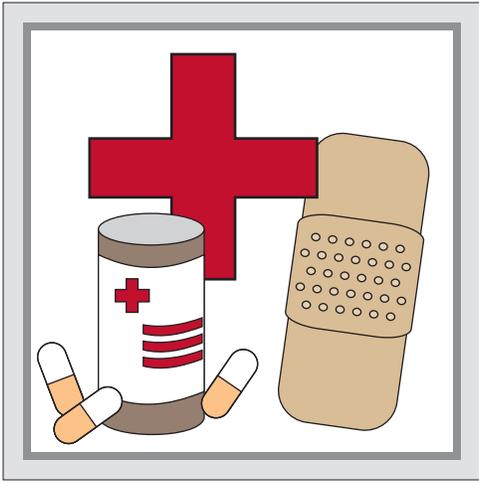
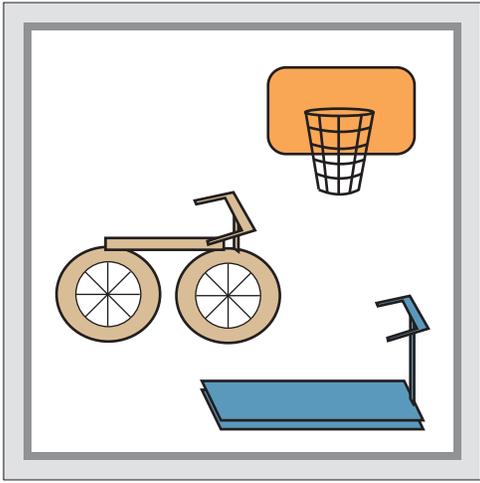
Department of Developmental Services

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)



# GO TO THE GYM

Use weights  
Treadmill  
Take a gym class



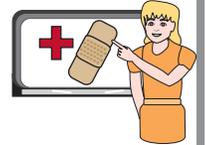
# TAKING MEDS

Take meds to stay healthy



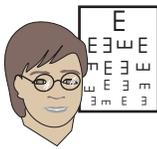
# LEARN FIRST AID

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