

What do YOU want to speak up about?



Independent Living

- Support, Aids and Equipment
- Personal Care
- Shopping
- Banking
- Budgeting



Employment

- Flexible hours
- Accommodations
- Resume Writing
- Job Search
- Job Coach
- Discrimination



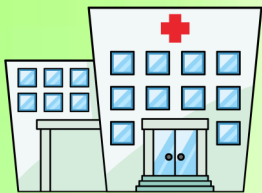
- Accessible House
- Assisted Living
- Needs Assessment
- Finances
- Own Apartment
- Shared Living
- Buying a House

Housing



Medical

- Diagnosis and Treatment
- Referrals to Doctors
- Medication Management



Relationships

- Family and Friends
- Romantic
- Coworkers
- Neighbors
- Support Staff and Providers



Access

- Remove Physical Barriers
- Community Access
- Large Print, Braille
- Audio Recording



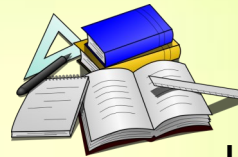
Transportation

- Getting Driver's License
- Owning a Car
- Public Transportation
- Parking



Education

- Adult Education
- Learning New Skills
- College
- Learning Accommodations



Recreation

- Hobbies
- Relaxation
- Clubs
- Civic Organizations



To learn more about speaking up in your life join us!

Speaking Up For Us

Maine's Self Advocacy Network
sufumaine.org (207) 956-1004

