

# 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



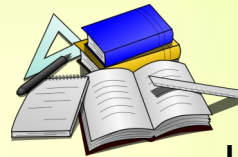
## Transportation

- 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](http://sufumaine.org) (207) 956-1004

