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

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

**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
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