



VOICES of SSAN

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People with Disabilities and Relationships

By Wesley Witherspoon



Warning this article is for those who are 18 year old and older. People with disabilities who are 18 and over and who are not conserved have the right to date anyone who is 18 years old or older. The right to a relationship is your choice; you can also decide not to have a relationship as well. We have the right to love someone of your gender and a different gender. However,

most romantic relationships do not last. A relationship is when two people connect with one another. Romance is a feeling of excitement and mystery from love. A key to have a good relationship is the ability to compromise (the ability to give in to some of your demands to help your partner) there are people who want to have a relationship, but can't find a relationship. We understand that there are people out there who are disappointed because they are not in a relationship. As a self-advocate, we have to be realistic. More likely, you probably won't be dating a
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In this edition of the
Voices of SSAN

**Relationships
Opportunity House
Dignity of Work**



Check out the
Statewide Self
Advocacy Network
(SSAN) webpage at
www.sccd.ca.gov/selfa

[dvocacy](http://www.sccd.ca.gov/selfadvocacy)



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**Self Determination
Info!**

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celebrity or entertainer. In order to have a relationship, you need money, time and the ability to be friendly to another person. Another way to have a successful relationship is to understand your partner and their needs. In addition, to be faithful (stay with one person) honest (to tell the truth), do not hurt anyone (physically or with words), be committed (to dedicate yourself to someone) be unselfish (to put someone else needs over yours) respect your partner boundaries (limits). Some people have relationships that last until they die. You are free to decide if you want to date someone outside your race, religion, political party,

gender, etc. You can also decide if you want to get married. If you get married, there is a lot of planning you need to do before you get married. There are going to be people who might try to stop your relationship. There are many different ways to look for a relationship. You can meet people at school, religious place, clubs, organizations, etc. Sometimes your relationships may not work out. You also have the right to leave a relationship if abuse (cruel or violent treatment of a person) occurs. In addition, you can be held responsible if you abuse someone in a relationship. Relationships are a two-way interaction. Good luck in your relationships.



By: Chen Curtiss
Opportunity House

Opportunity House is a thrift store and homeless shelter. They take donations, sell them and use some of the money to help the homeless. Some things they sell are TVs, clothes, furniture and more.

People with developmental disabilities can volunteer there. I used to volunteer there, but now I work there. I put prices on items and stock shelves.

I think my new job is cool! Opportunity House helps a lot of people.



The Dignity of Work



By Paul Mansell

You may have heard from your service coordinator at your or your son or daughter's IPP meeting about employment first and competitive integrated employment. Employment first holds that competitive integrated employment is the starting point for looking at employment outcomes for clients regardless of severity of disability. Dollar and cents of competitive integrated employment are only a small reason why work is so important. Work fills your day and gives

you a reason to get up and going in the morning throughout the week. Work gives you purpose and meaning to your day. Work enables you to interact with colleagues and peers, people you serve, and make a difference in people's lives. Through work, you express your creativity, productivity, and adaptability. You meet challenges and problem solve. It allows you to be part of a greater team. Work serves to define your identity and self-image and earn a professional reputation.

Finding a job can be one of the hardest things you can do for so many different reasons. The interviewing process can be very demanding and

intimidating with employers wanting it all education and experience. The jobs available may not be ones that you like or be good at, or have any experience or education with. You can meet some of the job duties or requirements but not all of them.

You might have had a negative experience with work and want to give up on work all together. You might feel it is easier to receive SSI than put up with the stress of the work place. You might also be afraid of losing benefits because of working. It is important to remember not to generalize on work experiences, and to learn from negative experiences.

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Get the positive out of the negative. As hard as it is to land a job, keeping your job can be even more difficult and demanding, requiring you to master soft skills to fit in and assimilate into the work place culture.

Work can transform your life making it more exciting, fulfilling, and meaningful. Work doesn't come easily, but where there are challenges there are also rewards.

**Tailored Day Service
Option
Paid Internship
By Paul Mansell**

Tailored Day Service option is for clients who don't fit into the traditional supported employment model. It includes employment, volunteer, self-

employment, and education options.

This includes Vocational Assessments and Career Exploration (going to One-Stop Career Centers), resume development, job Development, interview preparation, job placement, volunteer placement with recognized non-profit entities, job coaching or volunteer supports (within maximum monthly hours), micro-business or self-employment, post-secondary education includes: adult Education, vocational certificates, GED, Community College (credit courses with educational plan) or non-credit courses, and four-year university degree. Leading an integrated and inclusive life includes: mapping

their community, becoming



a member of a group, club, or team (of non-disabled peers) sharing the same interests, enrollment in free or low-cost classes through local libraries (literacy classes) or park & recreation centers, membership in local fitness centers in order to maintain health and have regular exercise. Participants are fully engaged, as much as possible, in making decisions about their services.

Participant choices, while highly valued, must result in specific measurable goals that fit the identified domain areas, and result in outcomes that can be identified

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 and measured. Paid Internship State law encourages competitive integrated employment (CIE) for individuals with intellectual and developmental disabilities. The goals of this program include the gaining experience and skills needed for future paid employment, typically in the same job field or industry. Internships can be traditional, or in the form of apprenticeships, including self-employment. The funds provided for the internship are used for wages (minimum wage or higher) as well as the related payroll costs. Each individual client is eligible for up to \$10,400.00 per year in an internship, and could receive more than one internship.

Any San Diego Regional Center client who is eligible for employment (18 and older), and expresses a desire to be employed (either part-time or full-time) can participate. Clients also need to be able to travel independently, or have some dependable transportation (ADA Paratransit, Uber/Lyft, family member, etc.) Regional Centers are now permitted to provide paid internships to transition-aged students 18-22 based on a need determined by both the IEP and IPP planning teams.



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