

Fred's Story

Discussion Guide: For Self-Advocates

How many of you have lived in an institution? Was it the same or different from what Fred describes? Did Fred like living at the institution? Why not?

- He hated it because he had to leave his real home and his family
- He disliked his job
- He had no choices
- He didn't receive any training
- He was physically abused
- What else?

How many of you live in the community now? What do you dislike about it? Dislike?

Why did Fred go to the institution? Did he have a choice?

- When his father died
- Family members couldn't take care of him
- Were told that he'd be better off in the institution
- He didn't seem to have a say in the decision

What does support staff help Fred do?

- Take his medications
- Get to work
- **What about you?**

Did Fred like his job at the institution? Why not?

- Hot, dirty work
- Very low pay
- No vacations
- No recognition from others
- What else?

Did you ever have a job you didn't like? Tell us why you didn't like it. What did you do (could you do) to change it?

Who are Fred's friends in the community? Who are your friends? What kind of things can you do to make friends?

- Meet people at work
- Attend church
- Join clubs
- Go to parties
- Go to self-advocates meetings
- What else?

Freedom was important to Fred. What does freedom mean to Fred, to you?

- Coming and going as you please
- Making own decisions and choices
- Not have people tell you what to do
- What else?