Creating Community: Building a Meaningful Life

RESOURCES

101 Ways to Make Friends: Ideas and conversation starters for people with disabilities and their supporters
Susan Kurliak and Aaron Johannes

Personal Safety Networks: Getting ready for Life's Inevitable Changes and Challenges
Dr. John W. Gibson and Juldy Pigott
http://www.personalsafetynets.org/workbook

Bridge Ministries- Circle of Friends
http://bridgemin.org/spiritualcare/circle-of-friends.html

Lifespan-
http://www.lifespan-wa.org/

Metro Accessible Services
https://metro.kingcounty.gov/tops/accessible/

FLASH curriculum
www.kingcounty.gov/healthservices/health/personal.famplan.educators/Special Education

Things to Think About

People with disabilities want the same things in life as everyone else does: Relationships, meaningful things to do and resources to accomplish them. A job is a key component of a meaningful life. It provides meaningful things to do, relationships with co-workers and the community and resources to explore other interests. But a job often does not fill the entire day. By starting early to build relationships and find things to do, you will have a head start to having a full and meaningful life for your son or daughter.

One of the things that many parents worry about is the safety of their son or daughter in the community. Creating community for your son or daughter is actually protective. The more people who know them, and have a relationship with them, the safer they are because it puts more eyes on them. It is also important for parents to teach their son or daughter how to be safe in the community. Talk to your son or daughter about the different people they will encounter in the community and the kind of relationships you have with them: Their family, their close friends, acquaintances, helpers, authorities and strangers. Talk about how we greet the various people: Do we Hug, kiss, give a wave, a high five, or a handshake? Knowing the difference will help them be safe and navigate various social settings.

Sometimes our sons and daughters have difficulty understanding "who is their friend?" Talk with your son or daughter about what a friend is and how to identify them. Here are some things to help guide the conversation about who their real friends are: Do you know their first and LAST name? Do you know where they LIVE and who they live with? Do you know what they like to do for fun? Do you feel good and happy when you are with them? Do they ask you to do things with you or are you the only one asking? Do they want things from you? Can you share your thoughts with them and they won't tell? Do they like you as much as you like them?

Things To Do

- Find places where your son or daughter can be a "regular" in the community.
- Volunteer as a family.
- Take the bus as a family.
- Explore family recreational opportunities.
- Try new things together.
- Go to local community events.
- Join a service organization
- Make a regular date with friends.
- Explore what is in your community.
- Encourage your child's interests
- Begin to build routine into your child's schedule that can continue as they enter adulthood.



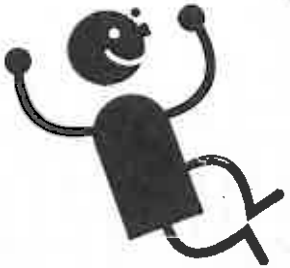
Prepared by Cathy Murahashi for WISE 5/11/2014

MY COMMUNITY

Volunteer
Food banks
Libraries
Animal shelters
Museums
Non-profits
Faith based
Schools

Make a regular date with Friends
Go to the movies
Hang out
Go out to eat

Be a regular
Coffee Shop
Restaurant
Pub
Library
Church



Regular Activities
Gym
Pool
Parks and Recreation Programs
Dance classes
Exercise classes
Bowling

Clubs and Interest based activities
Knitting club
Book club
Chess Club
Service Clubs
Hiking

Local Community Events
Sporting events
Concerts
Fairs
Seasonal activities
Museums

Take Class or learn a skill
Community College
Computer classes
Art classes
Music Classes
Cooking

GO WISE

Start Now!

The People in My Life

Things to Think About

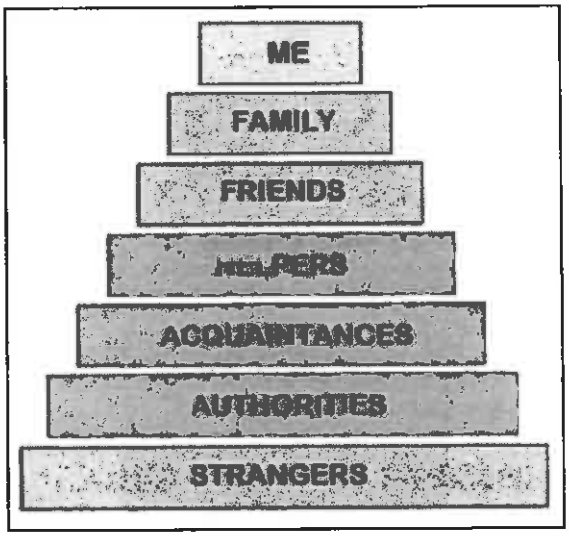
When you go out into the world you will find that you are not alone. You will encounter many people in your life, people that you will have a relationship with. However, your relationships with people will be different with every person and it is important to understand what type of relationships you have with them. There are 6 types of relationships: Family, Friends, Helpers, Acquaintances, Authorities and Strangers. Let's look at these different types of relationships.

Family

Families are the people you are with most of the time. You share living space with them and know each other very well. Most of time they are people who are related to you but, your close friends can become your family.

Friends

A friend is someone you know well. You know each other's likes and dislikes. You both want to spend time with each other and have fun doing so. You trust each other and can share things about yourself knowing they will not share it with others. They want to spend time with you and not just your stuff.



Helpers

A helper is someone who is there to help support you. You know their name and have shared things about yourself and you know some things about them. sometimes your relationship can become a friendship but, the main purpose is to help you reach your goal. A teacher, therapist, coach and coworkers are examples of helpers.

Acquaintances

An Acquaintances is somebody you have met and know their name. You might know a few things about them but you only have had casual conversations with them.

Authorities

An authority is someone that you need to listen to. They can be someone you never met but they there to protect you, tell you where you need to go or what to do. A Fireman, the President, teachers, and your boss are some examples of an authority.

Strangers

A stranger is someone you might have seen but never have met. You do not know their names or anything about them.

Things To Do

Talk to your family about the people in your life. Who are your family members, friends, acquaintances and authorities?

Prepared by David Murahashi for WISE 5/9/2014

Knowing the People in Your Community

Talk to your family about what your relationship is with these people below. Are they your family, friend, helper, acquaintance, authority or a strangers? How would you greet each of these people: with a hug, kiss, wave, handshake, or high-five?



People at the Mall



Bus Driver



Boss



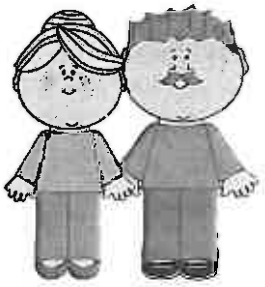
Celebrity



Store Clerk



Police Man



Grandparent



Teacher