

# GO WISE

# 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 Judy 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](http://www.kingcounty.gov/healthservices/health/personal.famplan.educators/Special%20Education)

## 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.





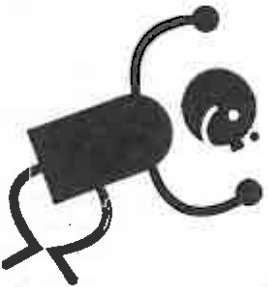
# MY COMMUNITY

**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?

## 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



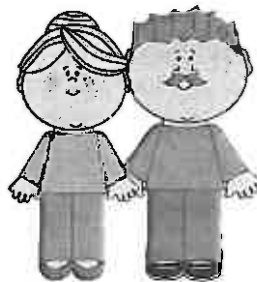
Celebrity



Store Clerk



Police Man



Grandparent



Teacher