

I

I know me.

What does person-centered mean for me?

I control. I dream. I choose. I participate.



Your best life,
your way.



You know you better than anyone else.

It's your life. You decide how you want to live it. Let those who support you know what's important for you to make it your best life.

The next pages will help you talk about what you want with the people who support you.

It's my right to live,
learn, work and enjoy
life the way I choose.



“I do not let people control me. I have my own voice. I am an advocate, a sister, an aunt and a voter. I don’t let my disability define who I am or my ability to do what I can do best.”

– Katie



I control.

I am in charge of my life, choices and meetings.

- I decide what’s important **to me**.
- You can help me know what’s important **for me**.
- I can choose who helps me.
- It’s OK to say what I really think and how I feel.
- I can change my mind.

“My dream is to have a career that allows me to support myself without having to pinch pennies every month...the same aspirations as everybody.”

– *Brian*



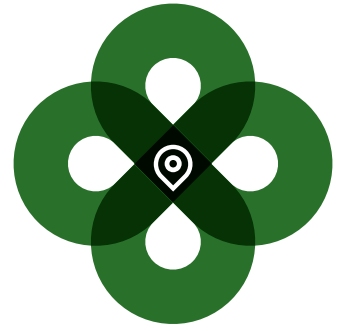
I dream.

I have dreams, likes and wants. My ideas are important.

- I'm the expert about what I want my life to be.
- I have gifts, strengths and talents.
- Understanding my gifts, strengths and talents helps me make good choices and set goals.
- It's OK to try new things, take risks and learn from successes and failures.

“I have my own lease;
a roommate isn’t forced
on me; I can come and go
as I please. That makes
sense. That’s real.”

– *Ethan*

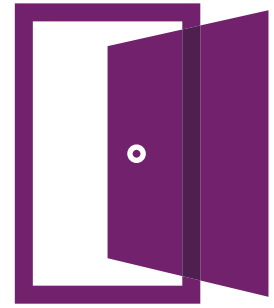


I choose.

I choose how I live, learn, work and enjoy life.

- I ask questions, explore options and tell people what I need and want.
- I live where and how I want.
- My work matches my interests and skills.
- I decide how to spend my time and enjoy life.
- I can learn new things my whole life, along with everyone else.

“I like my job. I visit art museums and go to concerts. My neighbors look out for me – and I do the same for them. This is home.”
– *Paula*



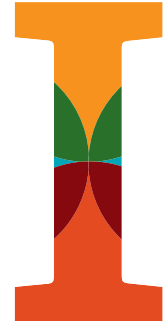
I participate.

I thrive in my community.

- I go to the places, events and activities I like.
- I help in my community and make it a better place.
- I do things I enjoy with friends and family.
- I can be part of the workforce and earn a living.

“Independence is a huge piece of creating my best life. You gain a sense of freedom when you have independence. You gain peace of mind. It says a lot when you can pave a path for yourself.”

– *Thabiso*



**I create my
best life.**

I am supported.

- I am treated with dignity and respect.
- People in my life listen to my wants and wishes.
- I am encouraged to explore my dreams.
- I am responsible for taking action to reach a goal.
- I know that reaching my goals may require planning and patience.

You plan your life. Our job is to help.

Disability Hub MN is a free source of help for lots of different things for all Minnesotans with disabilities.

Our experts can answer questions about health, community, home, work, money, and more. You can ask us anything.

Visit **disabilityhubmn.org**

Contact the Hub at **1-866-333-2466**



Everyone has hopes and dreams. Take a few minutes to think about your life, what you want and what’s important to you. Then, share your ideas with those who support you. Together, you can take steps to reach your goals.

My strengths

Things I’m good at

Things I’m proud of

Nice things people say about me

My trusted people

Family

Friends and neighbors

Paid supports

At work or school

My home

What I like about where I live

What I don’t like about where I live

My dream living situation

My work

What I like about my job

What I don't like about my job

My dream job

My places

Places I like to go

Places I don't like to go

Places I wish I could go

My fun

Things I like to do

Things I don't like to do

Things I want

I

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I create my best life, my way.

Disability Hub MN is here to help. We make it easier for you to seek solutions and build a plan. The service is free for all Minnesotans. There are no wrong questions. **1-866-333-2466** disabilityhubmn.org

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