



Self-Advocacy  
**video**  
**SERIES**  
*At Home*

*video conversations about housing  
with people with disabilities*



### **Amy Jo from Mankato**

Amy Jo asks for help with transportation, appointments, medications and budgeting.

ARC helped Amy Jo find furniture.

She teaches in the 12-week ACT DETS training and she assists with Open Arts Minnesota.

Amy Jo goes to bed when she wants to... sometimes late unless she has something going in the morning.

She makes paintings, writes poetry, loves animals and enjoys her neighbors.

Amy Jo's advice: "If you have a dream, go for it."

### **Let's talk about it**

What steps did Amy Jo take to make her home what she wanted it to be?

Who supports Amy Jo?

What makes Amy Jo happy about having her own home?

How does Amy Jo support others?

What does Amy Jo do outside her home?

How does Amy Jo get around in her community?