



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

*video conversations about housing  
with people with disabilities*



## **Nate lives in southwest Minnesota**

Nate is transitioning from a group home to his own apartment.

He is looking forward to peace and quiet.

Nate believes he has the skills to live in an apartment and his support team agrees.

He has learned to work on his mental health and he knows how to ask for support.

Nate looks at coupons to find the best grocery deals.

He has a job washing windows and packaging food at a supermarket.

Nate walks or rides his bicycle to work.

He enjoys hobbies like metal detecting and he uses a hot tub and pool at a health club.

Nate is a representative with Self Advocacy Minnesota (SAM) for his region

He is going to be a peer mentor with ARC; he is going to help people find jobs.

Nate says, “Just know your dreams that do come true and achieve them. Just keep moving forward in life.”

## **Let’s talk about it**

What steps did Nate take to make his home what he wanted it to be?

Who supports Nate?

What makes Nate happy about having his own home?

How does Nate support others?

What does Nate do outside his home?

How does Nate get around in his community?