



Self-Advocacy
video
SERIES
At Home

*video conversations about housing
with people with disabilities*



Sarah from West Saint Paul

Sarah has been in her own apartment for three months after living in a home home for 29 years.

She used to get upset and angry and frustrated because she wanted to go out and do things in the community.

Sarah set a goal of moving to an apartment and worked with her team to make it happen.

She goes grocery shopping and to Target and Good Will with support staff members.

Sarah explored having a room mate, but decided it was easier to live alone since she has a pet.

She makes her own decisions about seeing friends when she wants to; she doesn't have to ask anyone for permission.

Sarah says, "I could just go out whenever I want to."

Let's talk about it

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

Who supports Sarah?

What makes Sarah happy about having her own home?

How does Sarah support others?

What does Sarah do outside her home?

How does Sarah get around in her community?