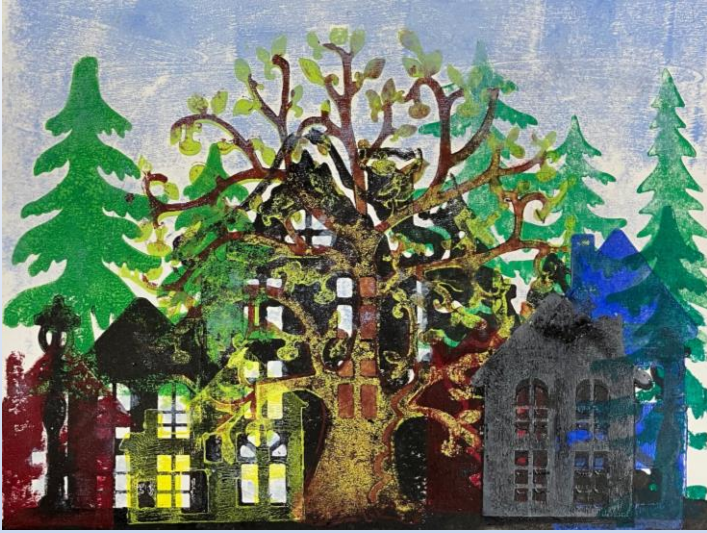




Special Trees



Red Bike



Way Home

MY SELF-DIRECTION PROGRAM

by Alexi Rashan

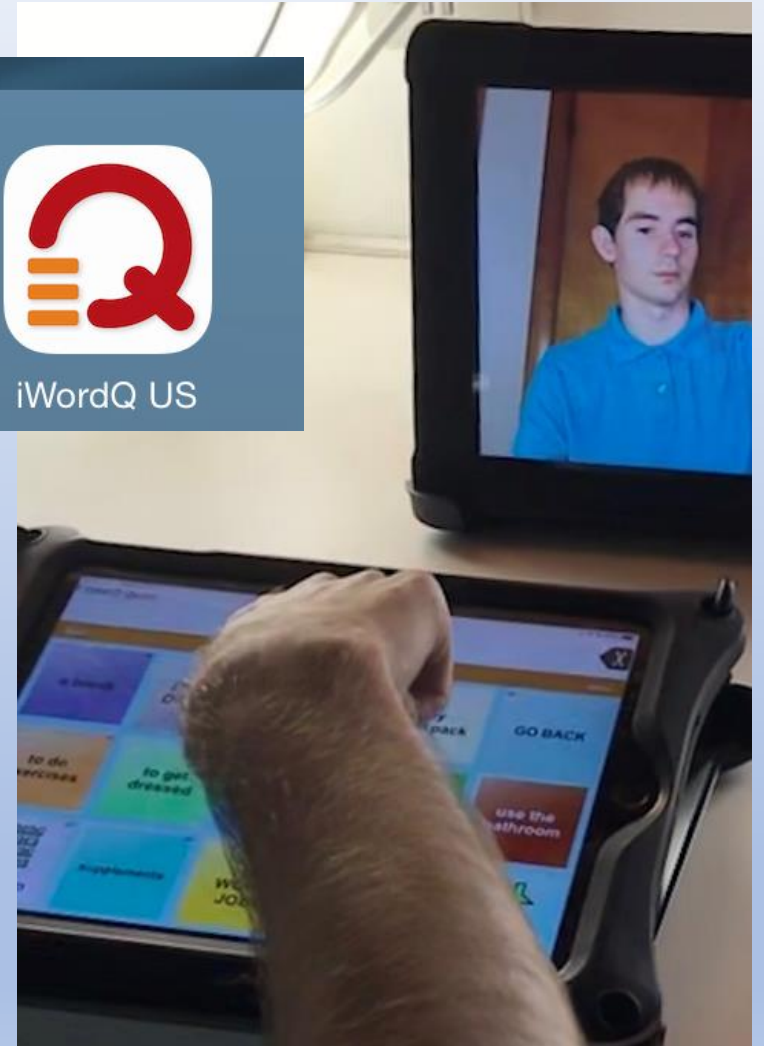
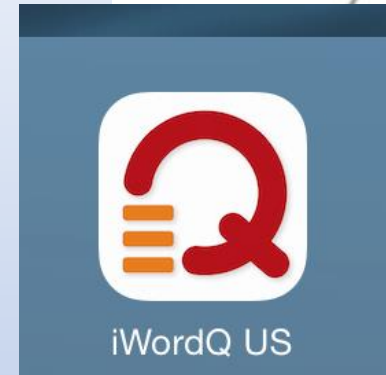
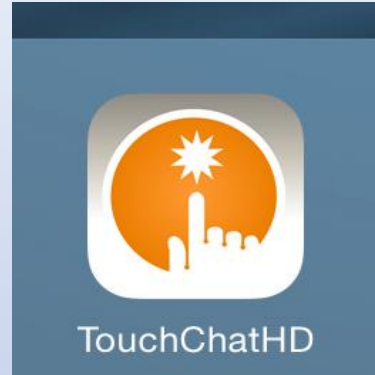
Hi my name is Alexi. How are you?

I transitioned to Self-Direction almost four years ago.

I will share a list of some of my activities that I typed up to go with the pictures.

My Program Focus is:

- **Communication**
- **Working toward Independence**



I SELECT and TYPE with different App's to be able to talk out loud.

It is called Alternative Augmentative Communication also known as AAC .

I use a 15 button per page layout with a special keyboard linked to each page.

Hire Staff

I made a job listing to help hire staff for self-direction.

Job Description – Please post



Employer Name: Alexi R., age 24, male, Waterford, CT

My interests are art and sports. I like snow skiing, swimming and bicycle riding. I do printmaking, weaving and like to visit museums. Developing my independence is important.

Background: I have motor planning disabilities, autism, epilepsy, and I type to communicate on an iPad using Assistive Technology (AT), Alternative Augmentative Communication (AAC) and a Voice Output Device (VOD).

Support Staff Needed: Several part-time caregivers /tutors who share my interests to help me:

- Go to the gym to use the treadmill, elliptical trainer and other exercise equipment for bicep curls, squats, sit-ups etc.
- Do some office/library volunteer jobs involving e.g. shredding paper; sorting and shelving books; stocking items; setting tables; folding towels and hanging shirts.
- Continue to share my communication style with PowerPoint Presentations
- Maintain/practice my typing for conversations and speech for e.g. book club and course work

Times: Mornings, Afternoons, Evenings flexible hours to set schedule, depending on availability.

Requirements: Driver's License and Car, knowledge of computer use. Training in communication style will be provided.

A Walk in the Park

- Bluff Point
- Harkness Park
- Haley Farm
- Niantic Board Walk
- Rocky Neck
- Seaside

I go for a walk at the park often but I don't go by myself.

Here are some of the places I go.



Exercises at a Gym

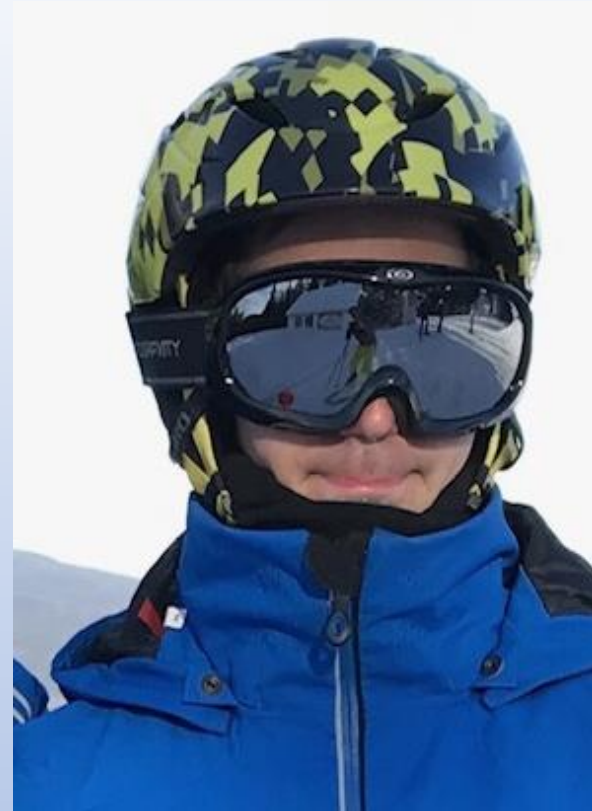
Sometimes I go to a gym to do exercises. I choose equipment with AAC.

I like to use the elliptical trainer, treadmill and more.

I work different muscles for example I do bicep curls.



Outdoor Activities



I also ride my bicycle, scooter, swim in the ocean, kayak and alpine or cross-country ski depending upon the season.

Learning to Drive

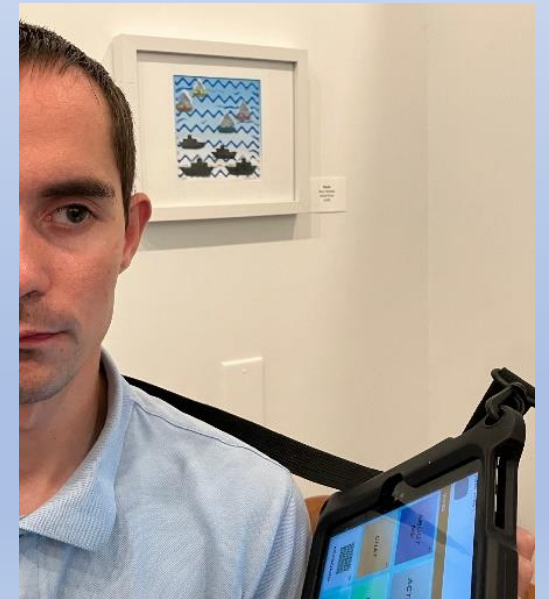
I started practicing driving a golf cart.



Artwork



**I do relief prints on a small press and silkscreen printing.
I enter my artwork for exhibitions and sale in galleries.**



Weaving



I also weave on different looms.



Visit Museums



Flo Gris Museum: Art in Play -Leo Jensen

I like to go to museums.

Summer Concerts



I like to go to outdoor concerts in the summer.

Eating out at Restaurants



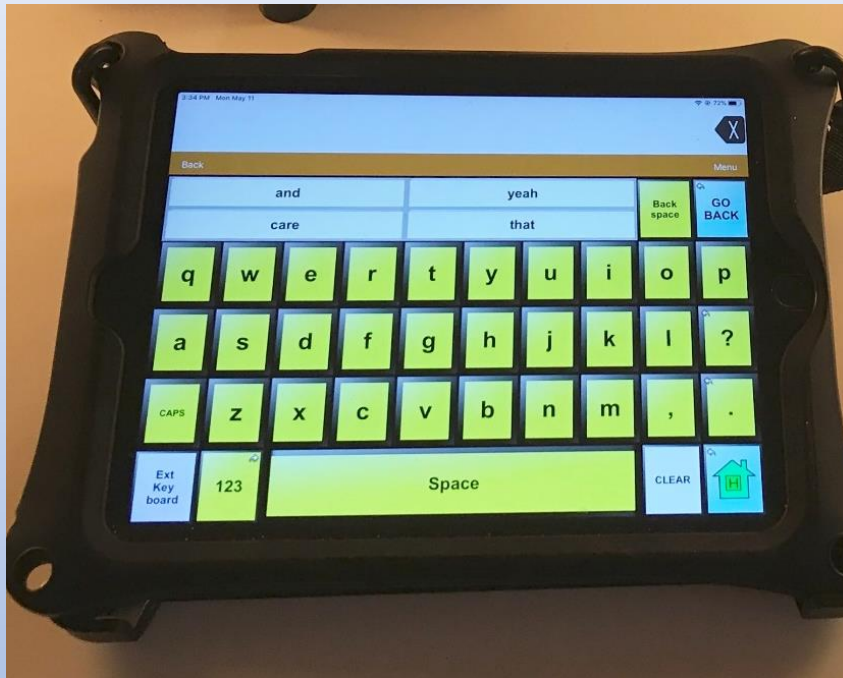
I eat out at different restaurants even though I am on a special diet for my epilepsy.

Volunteer Jobs



I volunteer to do office work. I shred paper and I also set tables with plate, glass, napkin, fork, knife and spoons.

Weekly Book Club on Zoom



Some Titles-

- *Boys in the Boat,*
- *Life on Our Planet*
- *Being Heumann*
- *Atomic Habits*
- *Natures Best Hope*

We use BookShare.com

I attend a weekly book club on Zoom with other AAC users who live in California, Colorado, Michigan, New York and Virginia. We have read almost a dozen books.

I type notes with support while the book is being read so I remember.

Book Club continued

Judy Heumann, advocate for disability rights, 75

By HARRISON SMITH
The Washington Post

Judy Heumann, who spent decades advocating for the inherent dignity of people with disabilities, campaigning for federal civil rights legislation while organizing sit-ins, marches and other nonviolent demonstrations, and who later wielded influence as an official at the institutions she had worked so hard to change, died March 4 at a hospital in Washington. She was 75.

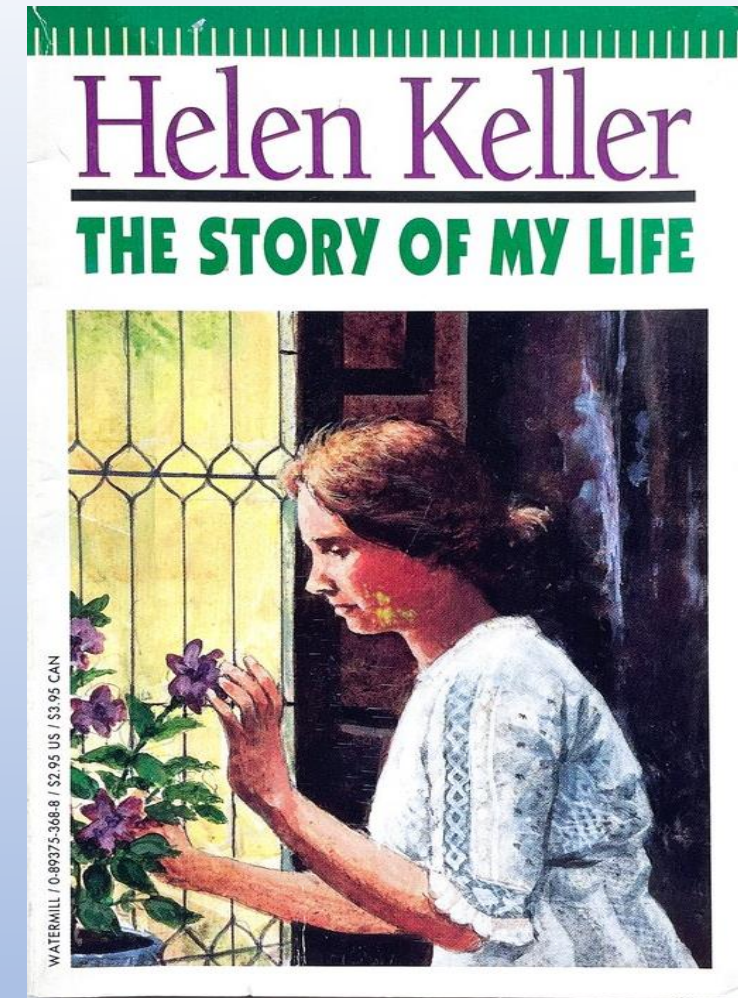
Her death was confirmed



SARAH L. VOISIN/WASHINGTON POST FILE PHOTO

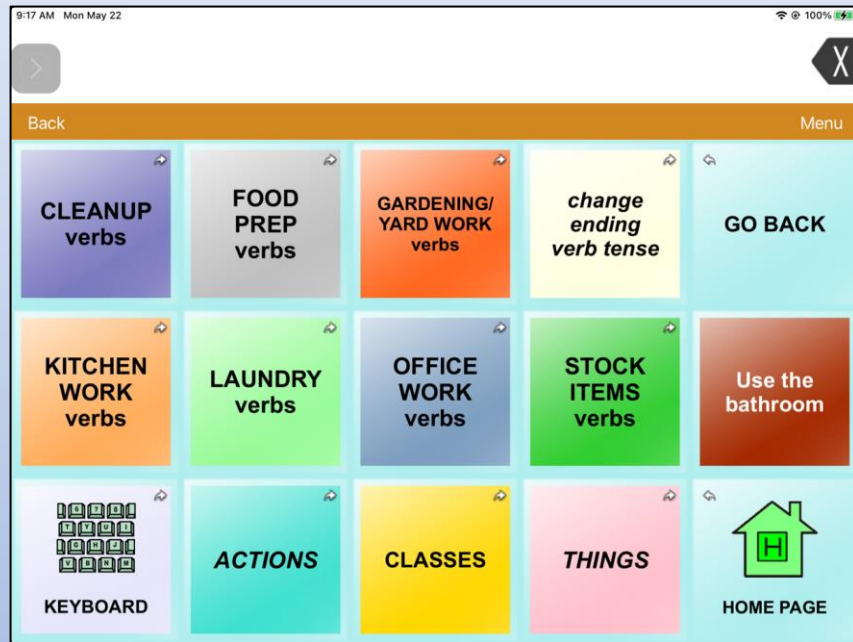
Disability rights activist Judy Heumann in 2007.

I participated in a One Book- One Region discussion with local public libraries about the disabilities activist Judith Heumann.

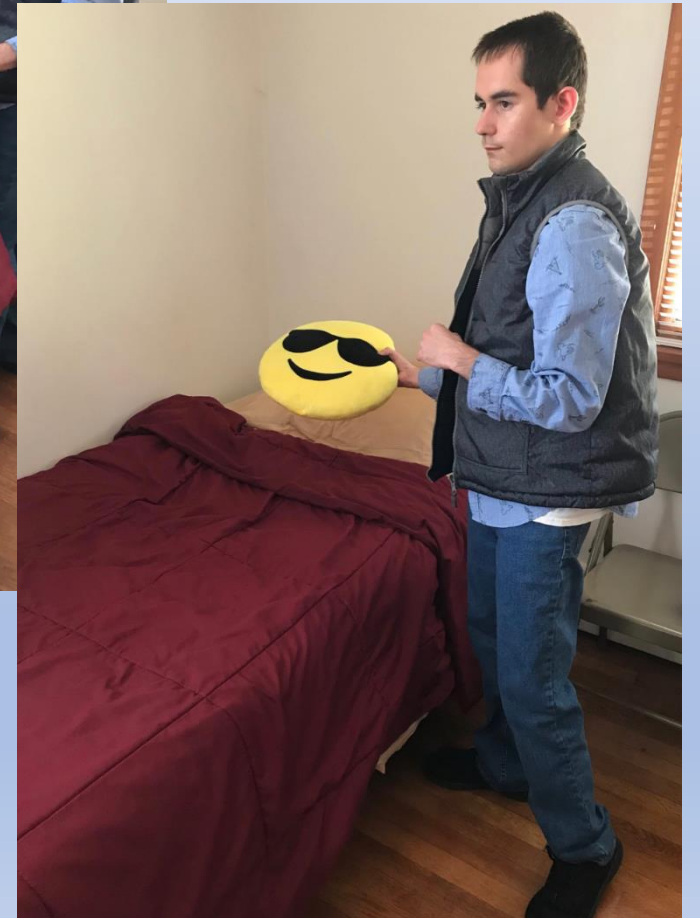


Now we are reading the Helen Keller's autobiography.

Chores



I do chores like food prep for cooking, and cleaning.
I make the bed and vacuum.



In the Community

**I go to the bank, post office
and food shopping.**

**I try to be helpful working
toward independence.**



Things I have learned:

- **Everything takes hard work and persistence.**
- **It's important also to:**
 - **have good dedicated support staff and**
 - **have fun.**

I typed this independently with proximal support only working continually for approximately 2 hours.

This is total of 330 words and 27 sentences. I keep track to help me make progress.
The visual part of this presentation was worked on with additional support.

Thank you for this opportunity.

