



Growing Independent

Second Edition

Tiffani Harvey

GROWING INDEPENDENT

*A Complementary Workbook to
A Journey to Independence*

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Acknowledgements

This workbook was made possible because of Greg Falk. I would like to take this opportunity to thank Greg for his insight. In “A Journey to Independence,” I ask a lot of questions, but I left no room to answer the questions. I was too far along to go back and put the needed spaces in, so I just started from scratch and made a workbook to go along with my story or to work as a standalone!

Of course, this book would never have been made if it wasn't for the grace and mercy of our wonderful Lord, the Author of Life.

Foreword

Growing Independent is a book of questions for the reader to use as a guide with a little information, definitions and examples. The reader is encouraged to think of their own questions to ask and to decide if the questions the author suggests are good questions for them to ask.

This book has the ideas and personal opinions of the author and the reader has the choice to agree or disagree with some or all of *Growing Independent*.

The readers of *Growing Independent* are responsible for their own actions and behaviors in relation to application and use of the book's content. The author does not claim responsibility, liability, loss, or risk, directly or indirectly.

Introduction

Growing Independent is a workbook to let your doctors, caregivers, guardians, and others know what your likes and dislikes are. This workbook gives you the chance to tell others why you like and dislike different things.

This workbook covers many subjects from who your professionals are to what your values are such as religious, political, multicultural, etc. It also covers various ways of life such as entertainment, your habits, how you like to communicate with others, how you handle your money, and more.

A question you will be asked many times is, “Why or why not or what do you need to find out to make an informed choice?” The reason for this question is to help *you* know yourself better and to help your personal and professional team support and protect you and your values.

In the author’s opinion, it’s easier to support and help someone when you understand why he or she likes or dislikes things. It’s nice to know how much a person likes or dislikes things.

I’m going to ask three questions and answer each question as if each question had, “Why, why not or what do you need to find out to make a choice?”

An example is, “Do you want a cell phone?” “Yes, I do.” “Why, why not or what do you need to find out to make a choice?” “I love to talk on the phone. I do as much business as I can while I’m on the road, so I can spend more time with my family.”

“Do I want cable TV?” “No.” “Why, why not or what do you need to find out to make a choice?” “Watching TV is a waste of my time, so paying for cable would be a waste of money.”

If someone calls and asks, “Will you support us politically?” My answer is, “I don’t know.” “Why, why not or what do you need to find out to make a choice” “I need to know who they are and what kind of support they are asking for? If they need money, how will it be spent?”

Now that I’ve shown you how to answer the question, “Why, why not or what do you need to find out to make a choice?” you will know how to answer this question.

Finally, know your priorities. This is important, so if you have religious, family, employment, or college responsibilities at the same time, you will know what to do first, second, third, etc. For example, it is against some people’s religion to work a certain day of the week, depending on their particular religion.

Protecting Yourself

Here's a list of terms and simple definitions:

“Wise,” “being wise,” or “wisdom” (in the context of this book) means having the time to gain knowledge and experience to help you make choices from a larger range of knowledge and experience when learned.

“Good choice” is a choice that keeps you healthy and safe, but you do not understand why or how the choice keeps you healthy or safe. (For example, you may choose to be a nonsmoker because it stinks. That's good, but if you don't understand the health risks or health benefits to smoking, you don't have wisdom.)

“Knowledge” means having the facts in your head. “Gaining knowledge” means the process of getting this knowledge. We can have knowledge without experience. (For example, “Don't touch the stove!”) Hopefully, you've never had the experience of touching a hot stove, but if you know in your head to *never* touch a hot stove, you have knowledge!

“Understanding” means knowing what the consequences of your choices are: whether they are good or bad.

It is important to listen to other people and find out what other people say on any subject. Find out if it's a fact or their opinion. The way to tell if something is a fact or an opinion is to ask, “Where did you get your information from?” If the person cannot tell you, it's probably an opinion. Keep an open mind. Find out how many people have that opinion.

When possible, find some facts *before* you make a choice about anything!

To know the difference between wisdom and opinion, take what is said with a grain of salt. If lots of people say the same thing, it's probably worth it to look into it as a fact or a smart opinion for consideration.

For example, pregnant women drinking—some people may tell you their religious or moral beliefs or opinions, and other

people may tell you their medical knowledge, and some people may think drinking is okay as long as a woman is not pregnant, etc.

Develop your own opinions on every topic but be open to logic and reason. *Be willing to change your opinion when someone gives you a reason or reasons to change your mind on any subject!*

“Experience” means the knowledge gained by having done something in the past. (For example: At age 10, I saw two \$1 lottery tickets on the ground. My mom asked me, “Do you want to buy two more lottery tickets or do you want me to cash in the \$2 and give it to you?” This was my mom’s way of teaching me a lesson about gambling so I would stop looking at the fast, easy money and take the *time* to watch and learn!) Regarding the hot stove: If you touch a hot stove, you learn from experience not to touch it again.

Do you think we won any more money or lost the \$2 we bought the tickets with? We lost the \$2 and we didn’t buy anymore! That was my *experience* with gambling!

“Foolish” means making a bad choice because you didn’t ask anyone with knowledge or experience before making the choice.

A foolish person refuses to ask for advice from someone who has the knowledge, understanding, and experience to help them gain knowledge and understanding such as, “What does someone need to know and understand to be and stay safe?” A foolish person will also ignore other’s advice.

“Bad choice” is often a foolish choice. It’s made when you don’t understand all the results of the choice you made.

“Wrong choice” means choosing to do something that is against the law or choosing to do something that hurts someone else or you so badly that someone dies or can’t recover.

Making choices that others would consider foolish or bad are okay. If you *learn* from your mistakes and the mistakes of others, you will become wiser.

IF YOU NEVER MAKE A MISTAKE, YOU WILL NEVER GAIN EXPERIENCE OR LEARN FROM YOUR MISTAKES.

Personal Information

Name: _____

Date: _____

Address: _____

Date of Birth: _____

Day Phone: _____

Evening Phone: _____

Cell Phone: _____

Email: _____

Trusted People: _____

Trusted people give you advice to help you make your own choices!

Trusted people can be anyone you trust; however, a guardian and standby guardian shouldn't be one of the trusted people because they have to make final choices. A Power of Attorney might be okay because they are someone you chose to make final choices. (A spring Power of Attorney has power only when a person becomes incompetent or incapacitated.)

(Most of the time I will use "Power of Attorney." I'm using the term "Power of Attorney" for all kinds of the final authority because there are many different kinds of Power of Attorney.)

Who are your family members and friends that you want to help you to make final decisions or choices?

Do you want to give your opinions to another person and have that person make the final choice? (Circle one)

Yes No Maybe Don't Know

Who do you want to make the final decisions or choices over your everyday choices in life if you are unable or do not want to speak for yourself? (List in order who you want these people to be.) If you don't know, take a separate sheet of paper and write a list of everyone you trust. List the good things and the bad things of each person, then narrow it down to the three people you trust most.

1. _____
2. _____
3. _____

If you don't know the names, addresses, or phone numbers of any of the professionals in following questions, leave the space blank.

Power of Attorney

Name: _____

Job Title: _____

Address: _____

Phone: _____

Email: _____

Guardian

Name: _____

Job Title: _____

Address: _____

Phone: _____

Email: _____

Alternative POA #1

Name: _____

Job Title: _____

Address: _____

Phone: _____

Email: _____

Alternative POA #2

Name: _____

Job Title: _____

Address: _____

Phone: _____

Email: _____

Advocate

Name: _____

Address: _____

Phone: _____

Email: _____

Advocate

Name: _____

Address: _____

Phone: _____

Email: _____

Doctor M.D.

Name: _____

Address: _____

Phone: _____

Email: _____

Dentist

Name: _____

Address: _____

Phone: _____

Email: _____

Eye Doctor

Name: _____

Address: _____

Phone: _____

Email: _____

Special Doctor

Name: _____

Address: _____

Phone: _____

Email: _____

Special Doctor

Name: _____

Address: _____

Phone: _____

Email: _____

Special Doctor

Name: _____

Address: _____

Phone: _____

Email: _____

Social Worker

Name: _____

Address: _____

Phone: _____

Email: _____

Social Worker

Name: _____

Address: _____

Phone: _____

Email: _____

Care Giving Agency

Name: _____

Address: _____

Phone: _____

Email: _____

Case Manager

Name: _____

Address: _____

Phone: _____

Email: _____

Other Professional

Name: _____

Address: _____

Phone: _____

Email: _____

What kind of Power of Attorney or guardian do you have?
If you have alternate Powers of Attorney or a standby guardian,
write it here.

Medications

Your health is very, very important to those who love and know you personally. Your health is also important to me, to society, and to those who love you, such as your family and friends. It's important because they know you. I care about your health because I'm writing to a population who already suffers from disabilities. My goal is to help people with disabilities be as independent as possible. If medicine can help you, why avoid it? It's supposed to make you as healthy as possible! Your health is important to society because when people are healthy the taxpayers in society pay less money for healthcare. When people are unhealthy or sick, society pays more taxes for healthcare.

Here are a few questions to ask your doctor if you don't know the answers. If you know the answers, write it down and don't ask your doctor.

How is each medicine supposed to help you?

Is each one of your medicines doing what it is supposed to do for you?

Yes No Some of Them Don't Know

How?
