



FREEDOM SEEKING

Revised Edition

Tiffani Harvey

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*A Complementary Workbook to
Freedom Seeker*

Revised Edition

Tiffani Harvey

Written Words Publishing LLC
14189 E Dickinson Drive, Unit F
Aurora, Colorado 80014
www.writtenwordspublishing.com

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Published by Written Words Publishing LLC 9/16/2020

ISBN: 978-1-7332357-6-1 (paperback)
ISBN: 978-1-7332357-7-8 (eBook)

Library of Congress Control Number: 2020915236

Cover Designed by Written Words Publishing LLC

Manufactured and printed in the United States of America

Reviews

“These books were written to help disabled people function in this complicated world. It’s hard enough for the able bodied to do, sometimes. So, you can imagine how more difficult it can be for the disabled. Whether they have someone to help them function or on their own, Tiffani’s books can help. She has listed a lot of agencies or places that can assist the disabled population, to help them function in society. Things to stay away from and ideas to help them stay safe. She makes it easy to find the topic that interests you. She also has a workbook, so you can record your progress.” Judy S. and Del S.

“Tiffani has written a simply useful guideline to [let] those who have disabilities know that they are not alone when making important decisions on their welfare. Congratulations on sharing these steps with those who seek out your wisdom.” Beverly J.

“The author takes the reader on an in depth journey of her life and the not so easy choices. She mentions resources that better the lives of the disabled.” Esther, Former President of SASP

“Tiffani has covered many topics and she has very helpful information. She also has a workbook. She is very positive and confident. You almost forget that she has restrictions. Read her book and you’ll be blessed and you can help others.” Gloria P.

“My family is so happy with books. My 10 and 12 year old says these books have answers to various questions in life and they guide someone in making right choices since it talks about disadvantages of various questions and how to deal with them. They love these books.” Daudeti from Uganda

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Acknowledgements

This workbook was made possible because of Greg Falk, former CEO of The Arc of Spokane. I would like to take this opportunity to thank Greg for his insight in *A Journey to Independence*. He said, “You ask a lot of questions, but you left no space for people to write the answers.” I was too far along to go back and add the needed spaces, so I just started from scratch and made this workbook to go along with my story or to work as a stand-alone!

Forward

Freedom Seeking 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 come up with their own questions and decide if the questions the author suggests are good questions for them to ask.

This book has some ideas and a few personal opinions of the author. The reader has the choice to agree or disagree with some or all of the book.

The reader is responsible for their own choices 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

Freedom Seeking is a workbook to let your doctors, family, 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.

It covers many subjects from who your professionals are to what your values are such as religious, political, cultural, etc. This workbook covers entertainment and habits to the way you like to communicate with others and more, such as the way you handle your money, etc.

You will be asked questions to clarify that the answers really are yours. The reason: To help you know yourself better and to help your personal and professional support teams protect you and your values.

In my opinion, it's easier to support and help someone when you understand why someone likes or dislikes things. It's also nice to know how much a person likes or dislikes things.

For example, "Do you want cable TV?"

"No."

"Why, why not, etc.?"

"Watching TV is a waste of time and money."

If someone calls and asks, "Will you support us politically?" My answer is, "I don't know."

"Why, etc.?"

"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?"

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 on 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, wisdom (in the context of this book) means what you have learned from knowledge and experience.

“Good choices” are choices that keep you healthy and/or safe, but you might not understand why or how those choices keep you healthy or safe. (For example, you may choose not to smoke, but you may not know or understand the risks.)

“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, you should know to *never* touch a hot stove even if you've never touched one.)

“Understanding” means comprehending 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 or every subject. Find out if it's a fact or opinion. The way to tell if something is a fact or 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 and why. When possible, find some facts before you make a choice about anything!

To know the difference between fact and opinion, take what is said with a grain of salt. If lots of people say the same thing, it's probably worth looking into 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 and be open to logic and reason. *Be willing to change your opinion when someone gives you 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 observe!

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 bad choices because you didn’t ask anyone with knowledge or experience, or you refused to listen to what others had to say. 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?”

“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 and/or choosing to do something that hurts others 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; it will help you become wiser.

If no one ever makes a mistake, they will never gain experience or learn from their mistakes!

Personal Information

Name: _____

Date: _____

Address: _____

Date of Birth: _____

Day Phone: _____

Evening Phone: _____

Cell Phone: _____

Email: _____

Your support team: _____

Your support team can be anyone you trust. Remember, there are personal and professional support teams.

(Most of the time, I will use “substitute decision maker” no matter which kind of surrogate decision maker I’m talking about. The reason: There are several kinds of “substitute decision makers,” but since I’m not a lawyer, I leave it up to you, the reader, to get legal advice. This is not a legal book!)

Who are your family members and friends you want to help you make decisions?

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

___ Yes ___ No

Who do you want to make the final decisions over your everyday choices in life if you cannot or do not want to speak for yourself? (List in order who you want these people to be.) If you don't know, who are the people you trust most? Narrow it down to the three people you trust most. Number them in order.

1. _____

2. _____

3. _____

If you don't know the names, addresses or phone numbers of any of the professionals that I am going to ask you in following questions, leave the space blank. Where it asks for your power of attorney (POA) or guardian and alternates/standby guardian, specify what their job title is.

Power of Attorney

Name: _____

Job Title: _____

Address: _____

Phone: _____

Email: _____