

YOU AND I

Please read the following, noting the difference in words we choose to describe similar actions, attitudes or places, when speaking about people who have developmental disabilities. Please also note some of the different attitudes or understandings that our actions may portray.

I am a resident in a facility or group home or a client in a program. **You** live in a house in a neighborhood.

I am admitted or transitioned to a new living arrangement. **You** move in to a home and a neighborhood.

I am aggressive. **You** are assertive.

I have behavior problems. **You** are rude.

I am noncompliant. **You** don't like being told what to do.

You have friends and neighbors. **I** have peers.

I have a program to increase my compliance. **You** are trying to learn to be more cooperative with other people in the work place.

When **I** ask someone out for dinner, it is an outing or community trip. When **you** ask someone out, it's a dinner date.

I don't know how many people have read the progress notes people write about me. **I** don't even know what is in there. **You** didn't speak to your best friend for a month after she read the annual performance evaluation your boss completed for you at work.

I make mistakes during my check-writing program, and someday, **I** might get a bank account. **You** forgot to record some withdrawals from your account. The bank called to remind you.

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YOU AND I

I wanted to talk with the nice looking person behind us at the grocery store, but you told me that it was inappropriate to talk to strangers. **You** turned around and began to talk to the person, even though you didn't know her either.

My birthday was last week, but I will celebrate it here in another two weeks, along with five other "residents" and two staff members who have their birthdays in the same month. **Your** family and friends threw you a surprise party and sent you cards on your birthday.

My case manager sends a report every month to my guardian. It says everything I did wrong and some things I did right. **You** are still mad at your sister for calling your mom after you got that speeding ticket.

Your boss discusses your annual performance evaluation with you in private and develops your annual growth plan around your strengths and preferences for professional growth. **I** find out how my team feels I have done this year in front of a large group of people at my annual planning meeting. Although I hear some talk of the things I do well and prefer, planning is sometimes focused on things I do not do well and includes teaching me how to tolerate people, places, and activities that I do not like.

I am on a special diet because I am five pounds over my ideal weight. **Your** doctor gave up telling you.

You never make your bed in the mornings and sometimes leave your dishes overnight. **I** am not allowed to leave for my job (where I earn money) until all my household chores are done.

I am learning to "enjoy" a variety of leisure skills. **You** spend all your free time fishing and your shirt says you are a "couch potato."

After **I** do my budget program tonight, I might get to go to a fast food restaurant if I have enough money. **You** were glad that the new French restaurant took your charge card.