

Living My Best Life (Thriving) with Intellectual Disability

This is what we learned from teenagers with
intellectual disability and their parents



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Reading Option: What did we learn?

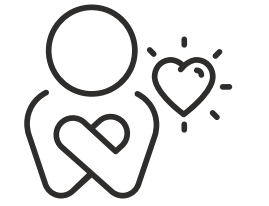
- We were learning about what it means to **live a great life** (to thrive) as a teenager with intellectual disability.
- 12 Canadian teenagers with intellectual disability and their parents did photo interviews. They shared pictures and talked about what makes their life great.
- The teenagers and parents said these things make life great: **Developing (Growing), Having Fun, Being Myself, Connecting, and Matter to Others.**
- Parents also said it is important for their teenagers to be **Safe and Supported**
- These ideas are similar to other ideas of living a good life for people without intellectual disability. There were some differences because of accessibility and developing in unique ways.

Pictures & Words

Now there will be **pictures & words** about what we learned.

The next page shows all the different things that teenagers and parents talked about.

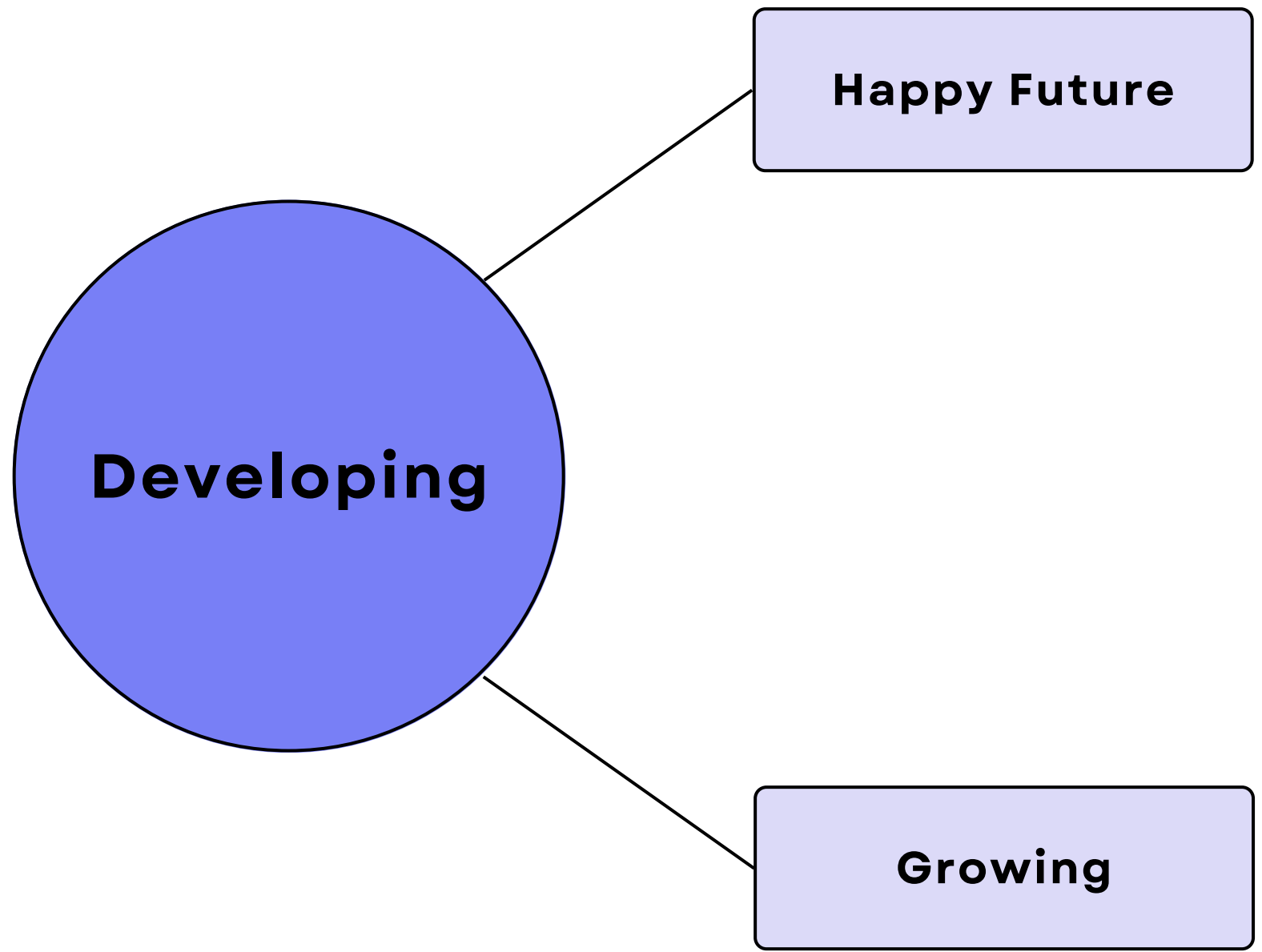




Pictures & Words

Teenagers and parents said all of those things lead to living a great life. There were a lot of ideas!

Now we will go through each of these ideas **on different pages** with pictures and words.



- I can **imagine a happy future** for myself



- I am learning skills **for when I get older**



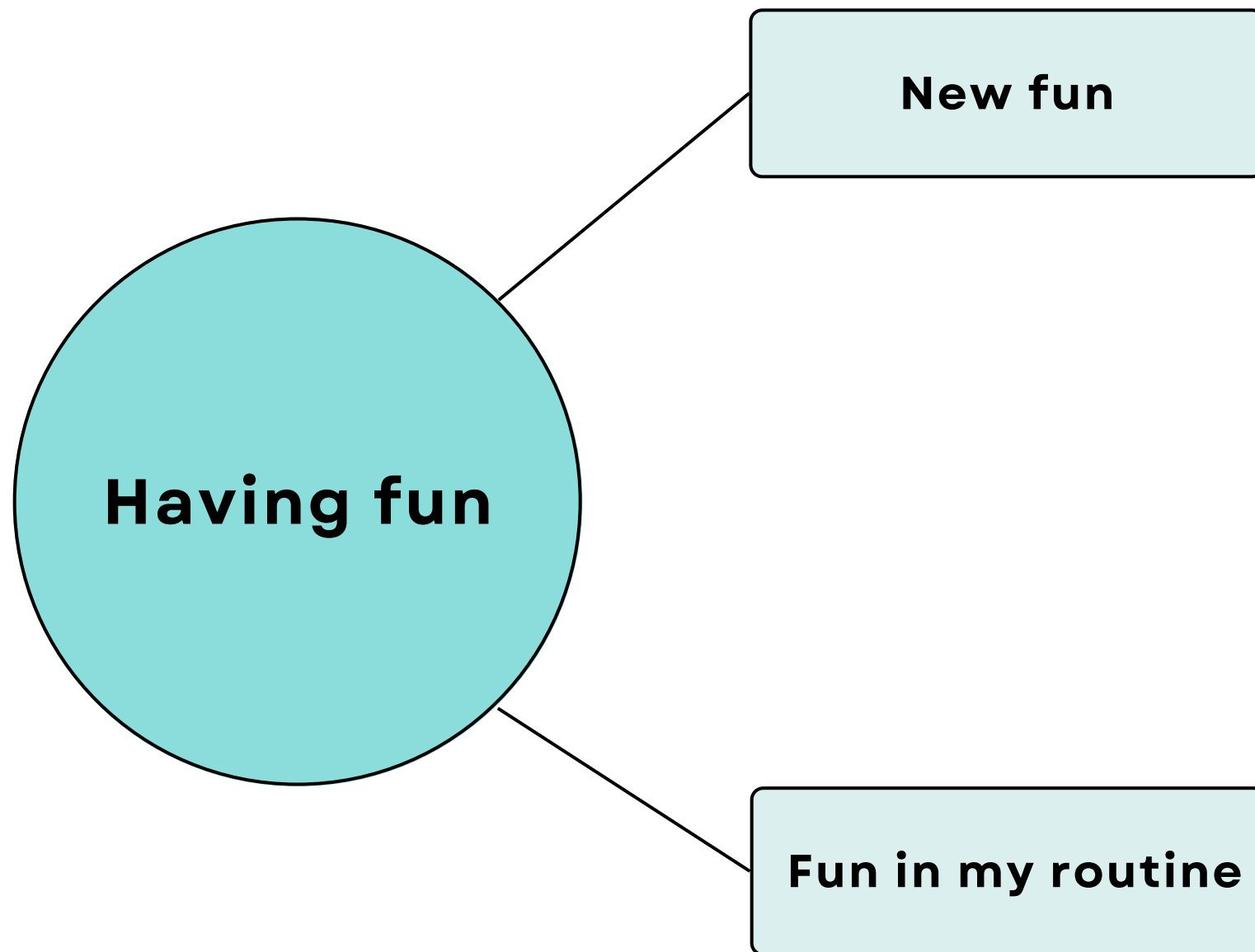
- I am reaching my own goals



- I am **learning and improving**

- I am being brave and trying hard





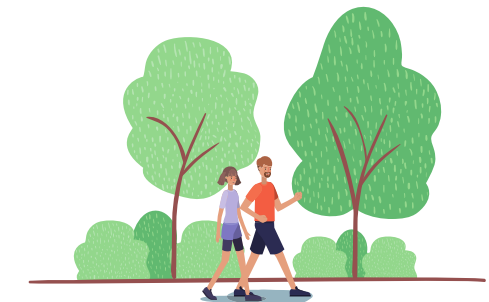
- I get to do **new fun things**
 - Like going to a new place or trying a new activity



- I have **special memories**

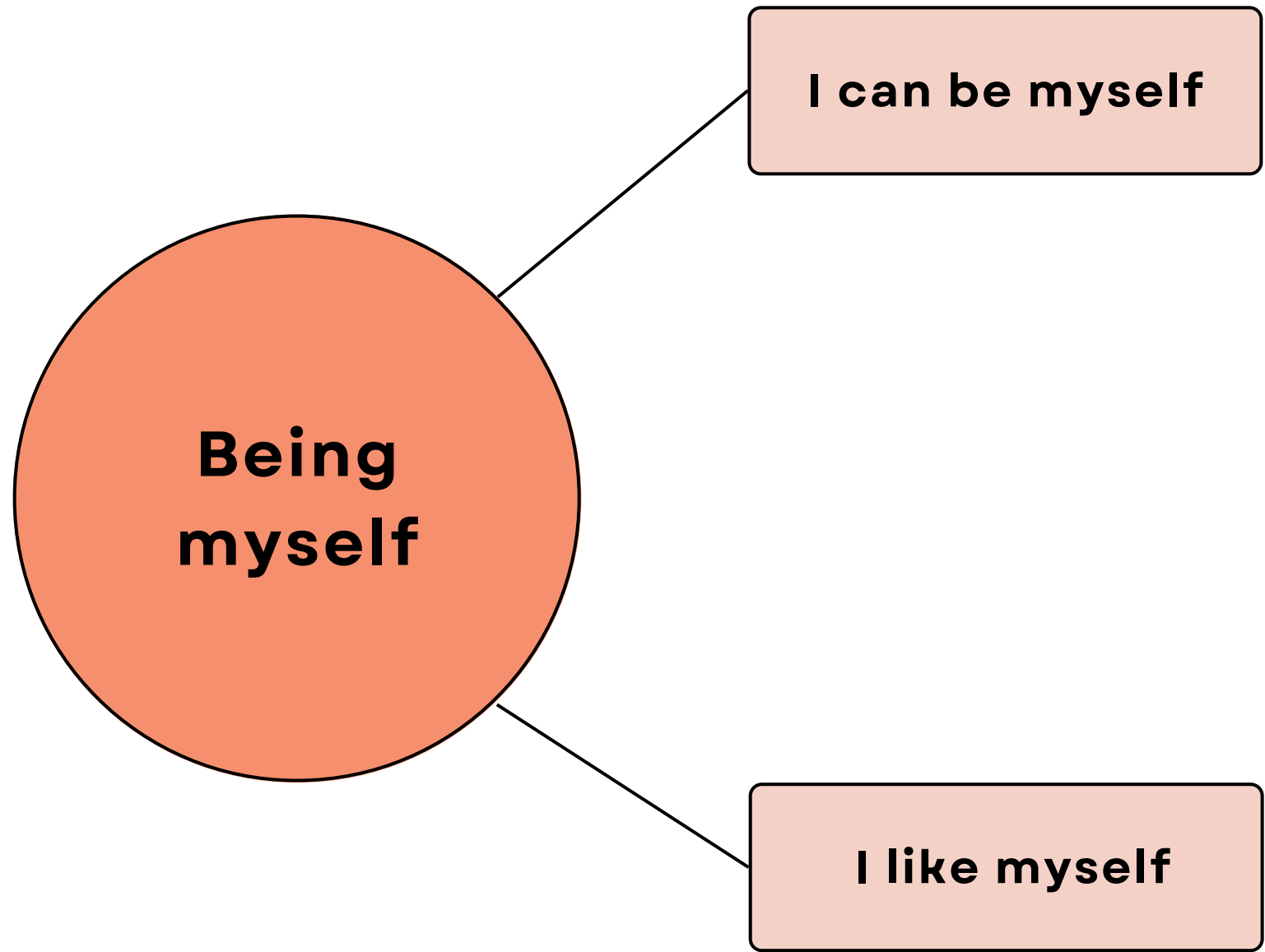


- There are **fun activities I know will happen** in the week
 - This might be spending time outside or going for a walk



- There are **fun things I can look forward to**
 - Like birthdays or holidays





- I get to **make decisions**



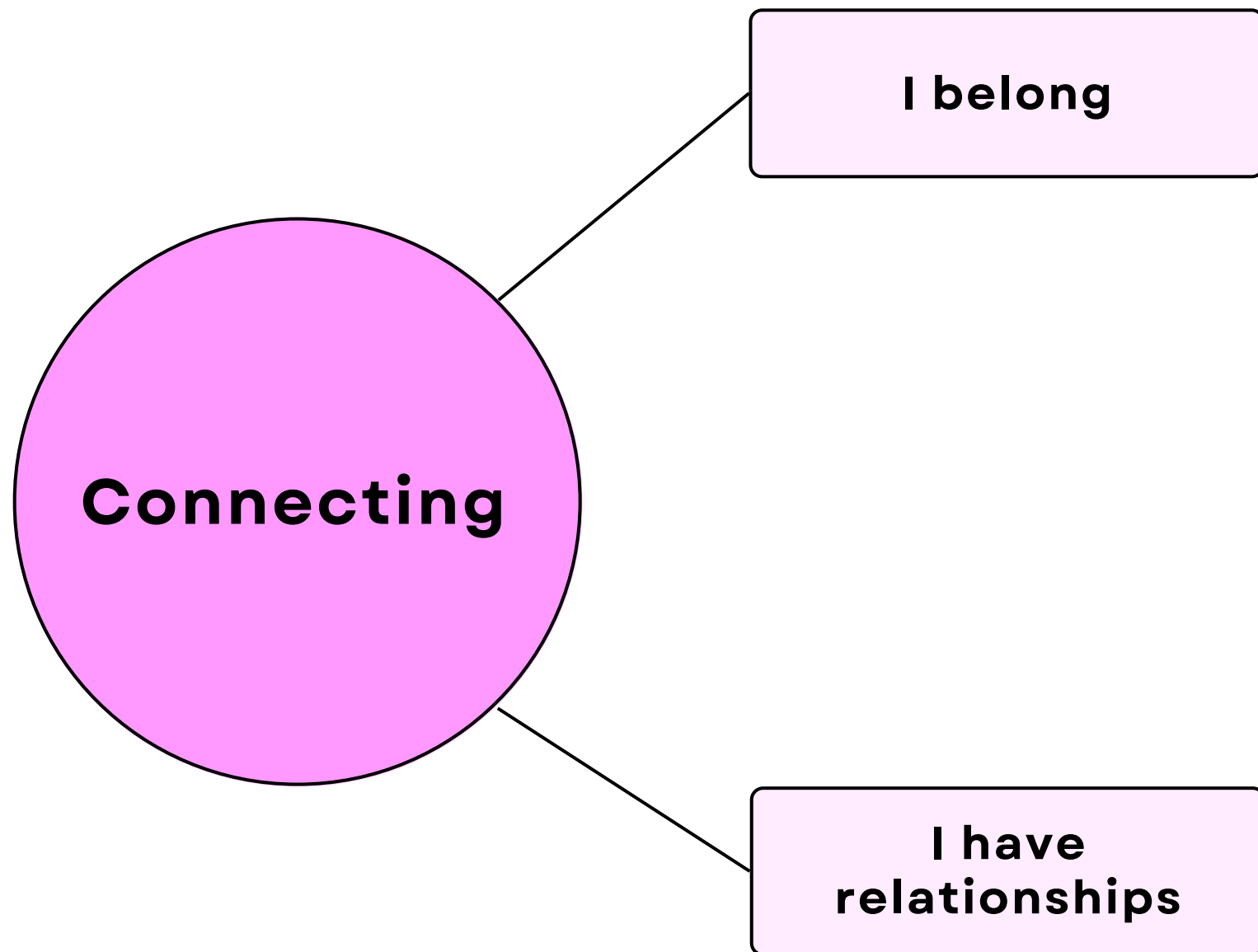
- **I can be creative** and do the things I enjoy



- **I am happy to be me**



- **I feel proud** of myself



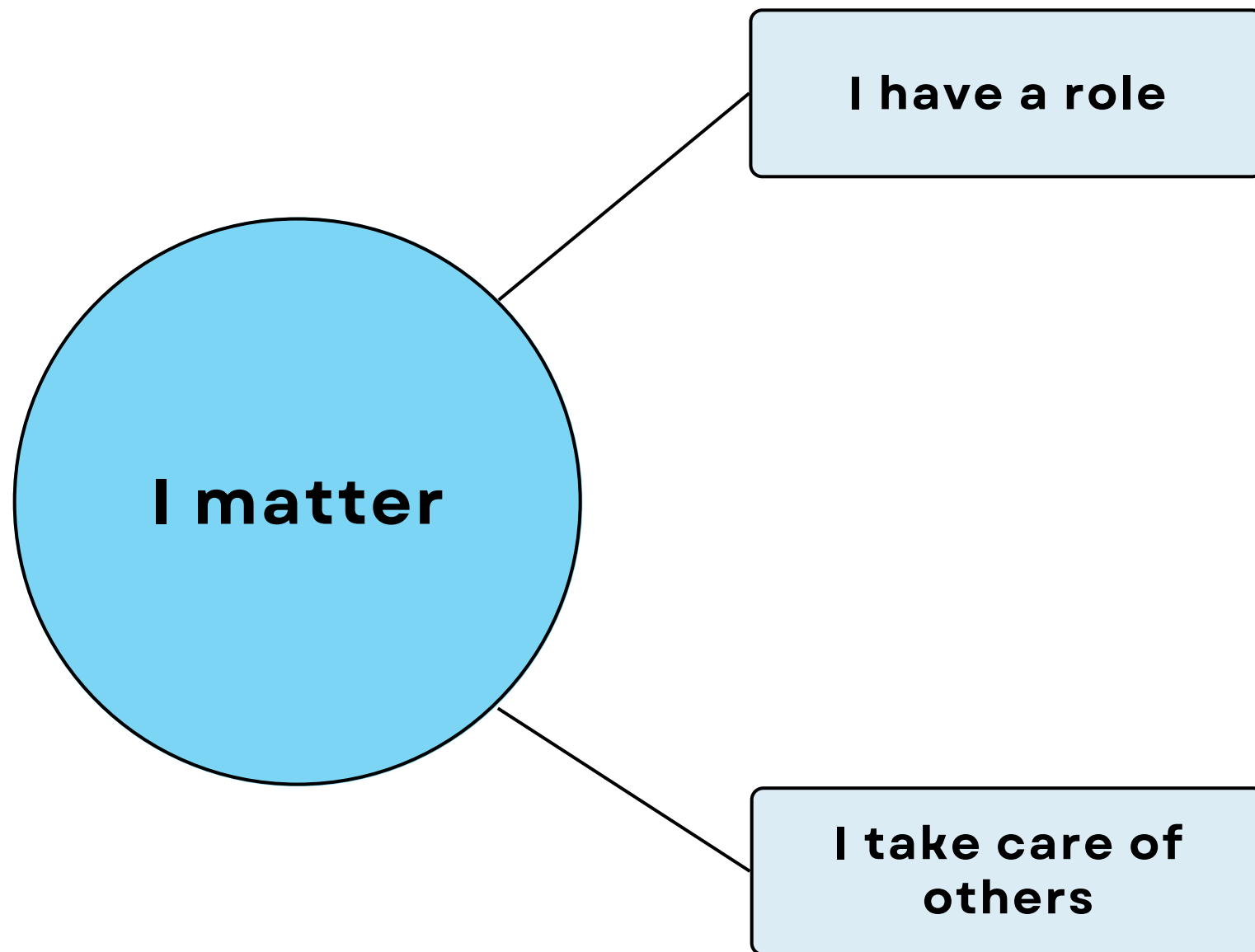
- **I belong** in a community or group
 - This might a be a youth group, your culture, or family



- **I feel similar** to some people

- **I feel close** to other people
 - This might be friends, family, or pets





- **I have a role**

- This could be helping at home, volunteering, or having a job



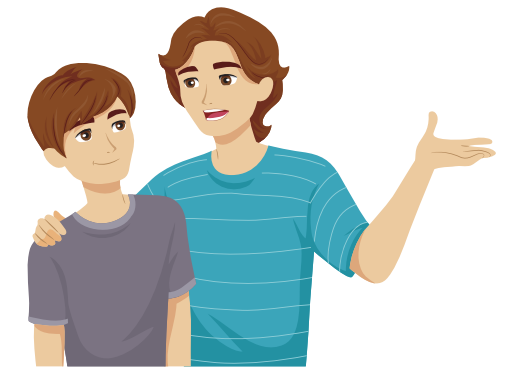
- **I have responsibilities**

- This might be helping with a pet



- **I help other people**

- This might be giving advice, or helping a younger sibling



- **I give to other people**





***I am safe
and
supported***

- There are people who keep me **safe**
- There are people who **help me** live my best life
- These people might be family, coaches, educational assistants, or support workers



Thank you to the teenagers and parents
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Katie Saunders & Dallas Sorken

Questions about this book?

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