



Help to learn.

You need small steps.



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You may be more than 55 years old.

Like

- 58
- 75.

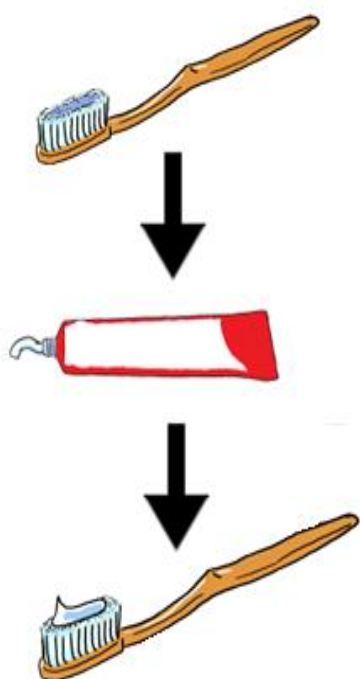


You want to learn.

You want to do things for yourself.

Like clean your teeth.

You need to know how.



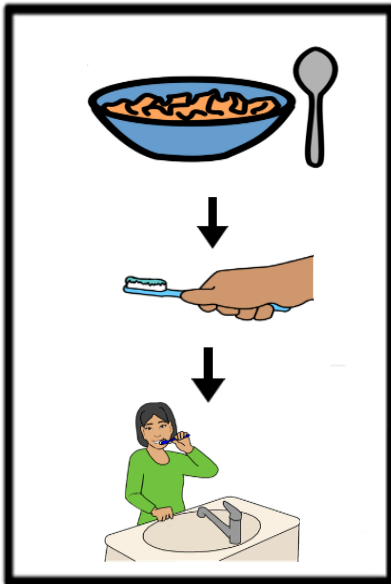
You need

- small steps
- people to show you
- to do it each day.



It may be hard to

- work out what to do
- know what you did last time.



A plan can help you.

It tells you what to do.

You do it the same way.

You do this each time.



Like you eat breakfast.



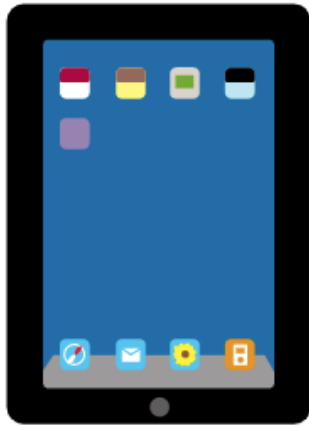
You learn to clean your teeth

You get the same tooth brush.



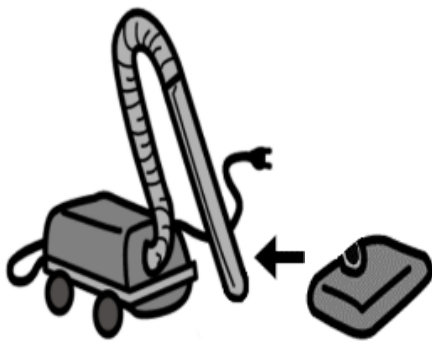
You use the same place.

Like the bath room sink.



It may be hard to know things. Like

- how to use your iPad



- how to put things together.



You may need help to

- use your voice
- use your talking machine
- speak up
- make choices.



You may need help to find a job.



Things change. You may need help.

Like your swimming day changes.

You may need a new plan.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Like you swim on Tuesday morning.

This week you go on Friday afternoon.

You do **not** know when to go.

You need a plan. It has pictures on it.



You may need help to do things.

Like cook a meal.



You may need help to go places.

Like you need staff to drive you.



You may feel sad.

You worry about lots of things.

You feel this way all the time.



You were a child. You had help.



You are an adult.



You do **not** get that help.

But

You still want help.



You get old.

You need to change how you do things.



There are things that may help.

It can be

- a new spoon



- new way to do things.

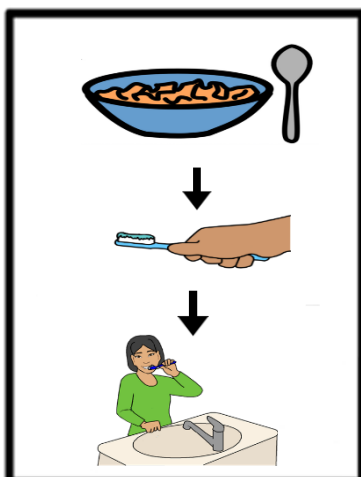
Like use a walker.



What can you do?



Talk to an OT.



They can write a plan. It is for each thing.

They show you the order.

You see how to do things.

It can help you learn.



They can show you each step.

They draw each step.

Like how to clean your teeth.

A person is with you for each step.



You can get help from a speechie.



They can make pictures.

They help you know what to do.



They help staff know how to help you.

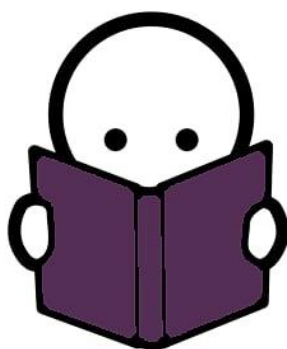


You can get help any time. Like you are

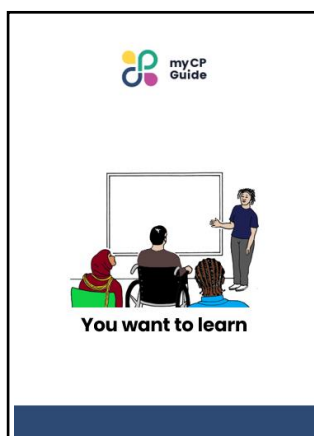
- a young adult



- an old adult.

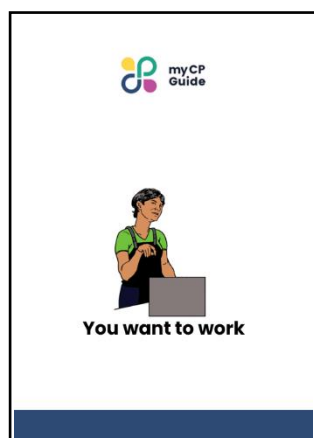


You want to know more



Read

You want to learn.



Read

You want to work.



Read

Things to help you.

Or



Things to help you. You are old.



Read

You do things for yourself.

Or



You do things for yourself. You are old.



Read **You want to talk to people.**



Read

How you feel. You are a young adult.

Or



How you feel. You are an adult.

Or



How you feel. You are old.