

# WELCOME

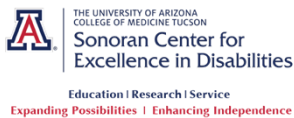
## Adulting: What It Means to Me and My Future Session 4: Community Living and Relationships



## Community Living and Relationships

Yumi Shirai, PhD  
Sonoran UCEDD

Cody Kelly, Jack McHugh, & Vanessa Montellese  
UA Artworks and Special Olympics Arizona



Adulting Workshop  
August 22, 2020

## What We Will Talk About

- What is a Community?
- What is yours; Why is it Important to You?
- What Makes a Community Work?
- Your Home as Part of Your Community (what I want/need)
- Roles and Relationships in a Community
- What does Relationship Mean to You?
- Tips to Develop & Maintain Positive Relationships



Sonoran Center for  
Excellence in Disabilities

## What is a Community?

Community:

- A group of people who interact/connect with one another (e.g., home/family, friends or neighbors.
- Interacts within boundaries (e.g., a neighborhood or city.)
- Often share common values, beliefs, or behaviors.

Community by [Zachary P. Neal](#) in Oxford Bibliographies

<https://www.oxfordbibliographies.com/view/document/obo-9780199756384/obo-9780199756384-0080.xml>



## What Does Community Mean To You?

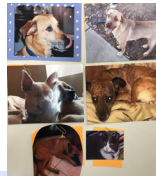
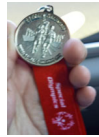
**Go to  
[menti.com](https://www.menti.com)**

## Vanessa's Communities



Vanessa is 31 years old and adopted when she was 9 years old. Vanessa

- Has a large extended family with three sisters and eight brothers.
- Is a Special Olympics Athlete
- involved in advocacy work through Kiwanis Aktion Club.



## Jack's Communities



Jack is 37 years old, born and raised in Tucson, and graduated from Canyon Del Oro High School.

- Is a Special Olympics Athlete
- Is an ArtWorks artist
- Lives in an apartment with his roommate.



## Cody's Communities



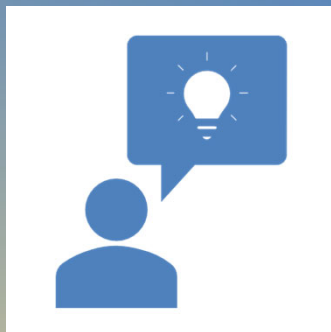
Cody is 26 years old, lives in Picture Rock Arizona, and graduated from Marana High School.

- Is an ArtWorks artist
- Participates in Marana Health for vocational training.
- Is a member of Humming & Strumming at Marana Community Center.



**What Kind of  
Community  
Do You Have  
in Your Life?**

**Go to  
[menti.com](https://www.menti.com)**



## What Makes a Community Work?

- The different parts have specialized functions
- Each part works well if
  - They are connected
  - Has a role in relation to the whole
  - Share responsibilities to identify and resolve problems.



*Principles of Community Engagement (2011)* by NIH Clinical and Translational Science Awards Consortium Community Engagement Key Function Committee Task Force on the Principles of Community Engagement.

[https://www.atsdr.cdc.gov/communityengagement/pdf/PCE\\_Report\\_508\\_FINAL.pdf](https://www.atsdr.cdc.gov/communityengagement/pdf/PCE_Report_508_FINAL.pdf)

## Different Roles & Relationships in Community



### Family

(parents-children, brothers-sisters)



### Peer-Peer

(colleagues, room-mates, friends, romantic relationships)

**Leader – Apprentices/Members**  
(teacher – students; supervisor – workers; captain – ship crews)

**Organizational Memberships**  
(church, club)



## **Questions to the Co-Presenters**

- a) What kind of roles do you play/have in those communities?  
[Talk about two: Member, Athlete, Leader, Advocate...]
  
- b) How do you build and maintain good relationships within each community  
[Talk about a few tips]

## **Tips to Develop & Maintain Positive Relationships**

- Treat people like you want to be treated.
- Know your strengths (good things about yourself).
- Be OK that we are all different.
- Learn how to start a conversation (good questions).
- Give people time to share their experiences.
- Listen to what others have to say.
- Let people share emotions and how they feel.

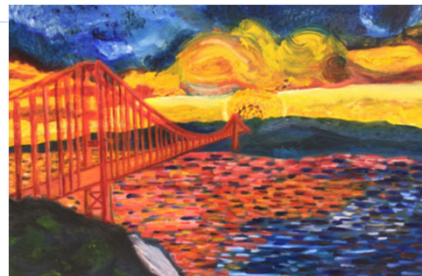
[Adapted from: https://trainingmag.com/content/8-tips-developing-positive-relationships/](https://trainingmag.com/content/8-tips-developing-positive-relationships/)

## Tips to Develop & Maintain Positive Relationships

- Learn to give and take helpful feedback.
- Develop safe boundaries so YOU
  - Feel comfortable
  - Can talk about your ideas/feelings when you are not comfortable
  - Know when to ask for help
  - Know how to ask for help

Adapted from: <https://trainingmag.com/content/8-tips-developing-positive-relationships/>

## LET'S SING TOGETHER WITH JON ERATH





**We're All in This Together!!!**

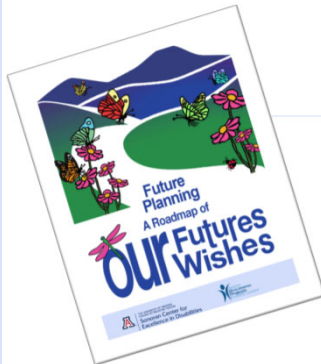


Together, together, together everyone  
Together, together, come on lets have some fun  
Together, were there for each other every time  
Together, together come on lets do this right

We're all in this together  
Once we know  
That we are  
We're all stars  
And we see that

We're all in this together  
And it shows  
When we stand  
Hand in hand  
Make our dreams come true

**LET'S THINK ABOUT  
YOUR HOME:  
WHAT YOU WANT/NEED**



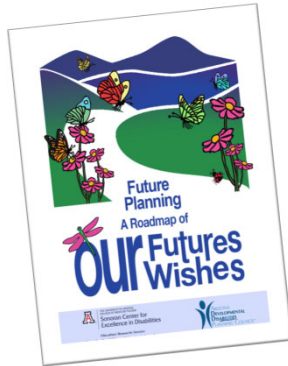
Future Planning A Roadmap of  
Our Futures and Wishes

<https://tinyurl.com/OurFuturesOurWishes>

Also available in Spanish

## Roommates Making it Work

Having a roommate can make life happier or it can make it very frustrating. This worksheet lists things you can think about as you look for a roommate or roommates to help assure that you will find a compatible match.



**Today's Focus  
is on  
pages 58 to 61**



**TIP**

**Good communication with your roommate will help to promote a more comfortable living arrangement.**

- Be willing and open to hear suggestions and accept criticism
- Communicate openly from the very beginning
- Be willing to talk about things that might be uncomfortable
- Remain calm when having a difficult conversation

## Let's Think about Home: What you want/need – Page 59



Page 59

### Use of Space

- Be reasonable when space is limited
- How much of your belongings or things will fit in the space you will have?
- Give your roommates enough space so that you don't get in the way of their daily routine
- Be as neat as you can
- How will cleaning chores be shared?
- How would you like to decorate your space?

## Let's Think about Home: What you want/need



Page 59

### Daily Routine and Lifestyle

- How much social activity do you enjoy?
- Do you like to have people over? If so how often and for how long?
- How much time do you spend at home?
- What type of activities do you enjoy doing at home and how often?
- How much quiet time do you need?
- How do you like to use your quiet time?

## Audience Activity

Roadmap page 59;  
Roommate

- Use of Space
- Daily Routine and Lifestyle

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### Write down your thoughts

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## Let's Think about Home: What you want/need – Page 60



### Sleep Patterns

- Do you go to sleep early and get up early?
- Do you go to bed late and wake up late?
- Are you a light sleeper who wakes up easily or needs earplugs to sleep?
- Are you a heavy sleeper?
- What kind of alarm do you use to get up in the morning? Do you need more than one alarm?

## Let's Think about Home: What you want/need – Page 60



### Eating Habits

- Do you prefer to eat alone or with someone?
- Who cleans up after eating?
- Do you eat three meals a day?
- What kinds of snacks do you enjoy?
- Is food shared or bought and eaten separately? **If shared:**
  - How will the cost be shared?
  - Who will do the shopping?
  - Who will decide what to buy?

## Audience Activity

Roadmap pg. 60

Roommate

- Sleep Patterns
- Eating Habits

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## Question to the Co-Presenters

c) What do communities and relationships mean to you?



**What do  
Communities  
and  
Relationships  
Mean to you?**

**Go to  
menti.com**

## **What To Do for Next Workshop**

Before the next workshop, please  
write down and talk about

- What other relationships would you like to have?
- What can you do to make new relationships?

Share your ideas with your family, friend, or other people  
in your community. We will talk about this in the next  
session.

## Additional Resources: Relationship

### **Relationship between People with and without Disabilities**

Janet Sauer (2013). *Negotiating the Social Borderlands: Portraits of Young People with Disabilities and Their Struggles for Positive Relationships*.

<https://www.aidd.org/publications/bookstore-home/product-listing/negotiating-the-social-borderlands-portraits-of-young-people-with-disabilities-and-their-struggles-for-positive-relationships>

### **Family, Parent-Child, Sibling...**

Raisingchildren.NET.AU. *Good Family Relationships: how to Build Them*

<https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/good-family-relationships>

## Additional Resources: Relationship

### **Romantic Relationship:**

Karen Ward & Julie Atkinson (October, 2017). *Supporting Adults with IDD to Develop Healthy and Meaningful Relationships*. American Association on Intellectual and Developmental Disabilities

webinar. <https://www.aidd.org/education/education-archive/2017/10/03/default-calendar/supporting-adults-with-idd-to-develop-healthy-and-meaningful-relationships>

### **Sex Education and Healthy Relationships:**

Special Olympics Arizona Sex Education Healthy Relationships program is coming soon:

<https://specialolympicsarizona.org/health-education>

## Acknowledgements



**Special Olympics Arizona**  
Athletes  
Gianna Zola  
Health Programs Coordinator  
<https://specialolympicsarizona.org>  
#SpecialOlympicsArizona



**ArtWorks**  
Artists  
<https://www.fcm.arizona.edu/artworks>  
#UA.Artworks



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