



MAXIMIZING YOUR ENERGY



Ages 16+ are invited to this workshop, where we'll explore ways in which people with disabilities can effectively work with a Personal Assistant (PA) to maximize their daily living, independence, and comfort. Learn how some outside help can help you live a more self-determined life!



Getting the Most Out of Your Personal Assistant!



Maximizing
Independence

Understanding
Your Needs,
Wants & Goals

Collaborative
Routines &
Daily Success

Emotional &
Social Support

Developing
Assertive
Communication
Skills

Using
Technology
Together

Building a
Trusting PA
Relationship



Virtual Sessions via Zoom
Tuesdays
6:00 - 7:30 PM
Aug 12 - Sep 30
Break - Sep 9

Register at
tinyurl.com/OwnTheDayDN
Registration closes August 5
Contact Anna:
anna@dnwml.org

