

## **From My Perspective Teaching and Learning Guide**

Tammy Faux, MSSW, Ph.D., Kayla Pankow, Eboni Coats and Christina Walker

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### Building Confidence

1. John was able to find housing every time he moved. Discuss the struggles John faced at each new place.
2. Goals helped John to achieve many tasks in his life. Who helped John set goals? Discuss each goal John set and the benefits each goal brought to him.
3. Describe at least 3 challenges John faced when applying for jobs. Examine how the resources on [www.disability.gov](http://www.disability.gov) could change the way John seeks work.

Disability.gov, Connecting the Disability Community to Information and Opportunities. (n.d.). *Laws and Regulations*. (Version 5.16.3). Retrieved from [https://www.disability.gov/civil\\_rights/laws\\_%26\\_regulations](https://www.disability.gov/civil_rights/laws_%26_regulations).

4. While examining the Disability Law Handbook, identify at least three Acts John was protected under. Use the website below.

Brennan, J. (2009). *The Disability Law Handbook*. In DBTAC Southwest ADA Center. Retrieved from DBTAC Southwest ADA Center website <http://www.swdbtac.org/html/publications/dlh/DLH2.pdf>.

### Thoughts about My Life

1. The following website is an educational site about the stigma people with disabilities can face. This website provides conferences and education for communities. How could this website be beneficial to the writer of this last story, and for people who share in her struggles?

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. (2009). *Campaigns & programs*. Retrieved from <http://stopstigma.samhsa.gov/campaigns/default.aspx>.

2. The author of “Thoughts about My Life” identifies several different times when she feels worthwhile. What are those activities or moments?

3. What are some of the author's passions in life? What are some community resources that could help the author obtain these passions?

4. Joyce discusses her experiences with stigma and working with the developmentally disabled. What can the reader take away from her article?

Joyce, J. (2008). Working with the developmentally disabled population. *New Social Worker, 15*(3), 16-17.

5. The following article is a study that identifies different attitudes toward people with mental disabilities. Describe three of the findings.

Ay, P., Save, D., & Fidanoglu, O. (2006). Does stigma concerning mental disorders differ through medical education?. *Social Psychiatry & Psychiatric Epidemiology, 41*(1), 63-67. doi: 10.1007/s00127-005-0994-y.

6. Scambler discusses the different approaches to stigma in the medical profession as a way to reduce medical stigma. Discuss which approach you see as working the best.

Scambler, G. (2009). Health-related stigma. *Sociology of Health & Illness, 31*(3), 441-455. doi: 10.1111/j.1467-9566.2009.01161.x

### Walking in Someone Else's Shoes

1. Kathy Donovan highlights words her mother gave her as a child. Her mother tells her to "Walk a mile in another person's shoe". Identify a moment in your life when you attempted to try on someone else's shoes. How did your opinion change as a result of the experience?

2. Kathy adds to her mother's saying. Discuss the significance of the "little stone pebble". How might this saying help you understand people with different abilities?

3. In the May 1992 issue of *Health and Social Work*, the topic of disability was the focus of three articles. Each article highlights the daily struggles of a person with disabilities. What are the major points of the following article? How can these be applied in your daily life?

Moxley, D. (May 1992). Disability policy and social work practice. *Health and Social Work, 17*(2), 99-103. PMID: 1618431.

4. Rosalie Russo-Gleicher shares her experiences in the following article and how her perspective changed as she began to work with people with disabilities. Can you find

similarities between Kathy Donovan and Rosalie Russo-Gleicher? What are the major differences?

Russo-Gleicher, R. J. (October, 2011). Rewards and opportunities in developmental disabilities: How an accident became a career. *The New Social Worker Online*, 18(39).

### Work and Good-Bye

1. David was able to describe people who have influenced his life. Describe a few people who left an impression in your life.
2. David goes into detail about the times in his life when he had to say “Good-Bye”. What helps you to get through times of grief? What are some ways you can help others cope with grief?
3. David was given one special item from his grandmother after his grandfather’s death. What is this memento? What does David say about his memento?
4. “Adoptive Families in a Diverse Society” is book of entries from parents who have adopted children. Read chapter 14 – “My Child My Choice.” What are some of Glidden’s struggles?

Glidden, L. M. (2006). My child, my choice: Parental well-being in the adoption of children with developmental disabilities. In Wegar, K. (ed.), *Adoptive Families in a Diverse Society* (pp. 225–242). Piscataway, NJ: Rutgers.

5. Haugaard’s article focuses on the services that are needed before and after the adoption of a child with disabilities. Haugaard’s article tries to provide resources for families who are working on the adoption process of a child with disabilities. What resources does this article highlight for families?

Haugaard, J., Moed, A., & West, N. (2000). Adoption of children with developmental disabilities. *Adoption Quarterly*, 3(4), 81-92. doi: 10.1300/J145v03n04\_06.

### Riding the Van

1. In the passage, Monica Roderick describes a girl whose life changes drastically. Describe this change.
2. What was/were the barrier(s) that kept this client from having more interactions with other people?
3. Describe a personal barrier you have overcome in your lifetime.

4. Discuss how parents may benefit the checklist in the Family Support article to help their child transition into adulthood.

Family Support Program. (2005). *Transition to adulthood checklist for parents and children with developmental disabilities*. Retrieved from [www.fsrdane.net/library/docs/Checklist\\_for\\_Transition.DOC](http://www.fsrdane.net/library/docs/Checklist_for_Transition.DOC).

5. What time period in a person's life does Blacher state is vital? What does Blacher suggest leads to success in individuals with mental retardation?

Blacher, J. (March 2001). Transition to adulthood: Mental retardation, families, and culture. *American Journal on Mental Retardation*, 106(2), 173-188.

### Just Like Everyone Else

1. Faye Bockman describes activities that allow her to overcome barriers in her life. How do her examples help to change your perspective on disabilities?
2. Where are places that Faye volunteers her time?
3. Faye discusses different life skills she has learned. Please identify two of the different life skills Faye shares about.
4. Wehmeyer compares two different approaches to career development for people with disabilities. Compare and contrast these two approaches.

Wehmeyer, M., Parent, W., Lattimore, J., Obremski, S., Poston, D., & Rousso, H. (2009). Promoting self-determination and self-directed employment planning for young women with disabilities. *Journal of Social Work in Disability & Rehabilitation* 8(3/4), 117-131. PMID: 20183627.

5. Edwards' article is a call to action for businesses, communities, and the government. What does Edwards tell the reader each of these groups should be doing?

Edwards, D., Rentschler, R., Fujimoto, Y., & Huang, L. (2010). Why has the rising economic tide failed to float the disability employment boat? A call to action: Business, community, government and people power. *International Journal of Diversity in Organisations, Communities & Nations*, 10(1), 117-127. Retrieved from SocINDEX with Full Text database.

### Words from a Father

1. What are the benefits of the Wyse's daughter living in her own apartment? What are the disadvantages?
2. What are obstacles the Wyse's daughter faces living on her own?

3. What challenges do the parents in the story face because their daughter lives with them part-time?
4. The study done by Jivanjee, Kruzich, and Gordon describes the transition to adulthood for families that have children with disabilities. What are some of the recommendations the families in this article make for others going through a similar experience?

Jivanjee, P., Kruzich, J., & Gordon, L. (2009). The age of uncertainty: Parent perspectives on the transitions of young people with mental health difficulties to adulthood. *Journal of Child & Family Studies, 18*(4), 435-446.  
doi: 10.1007/s10826-008-9247-5.

### A Survivor

1. After Terri Larson's heart attack, her sons demonstrated the love they had for Terri. Give three examples of those displays.
2. Share details of the last time you realized the importance of having family in your life.
3. Terri Larson is a hard working employee at a local business. Describe the benefits Terri receives from working in the community.
4. How could the website below benefit the Larsons' children?

Social Care Institute for Excellence. (n.d.) *Social Care Institute for Excellence Home Page*. Retrieved from <http://www.scie.org.uk/>.

### The Good, the Bad, and the Possibilities of Supported Employment

1. Chris Kelly discusses several barriers for working in supported employment. Illustrate three different barriers.
2. Chris describes several different employer and co-worker prejudices. What programs could be put in place to minimize these prejudices in other employers?
3. Identify three different stereotypes that can be found in the workplace. Have you personally experienced stereotypes in the workplace? How did you combat those stereotypes?
4. What do you think is/are the cause(s) of negative prejudices in the workplace against people with different abilities?
5. Read the following articles about myths in the workplace. Discuss which myths you have heard of, and which surprised you and your group members. Why do you think some of these myths continue to be so strongly believed?

CHESS Employment and Support Services. (2011). *Myths about mental illness and the workplace*. Retrieved from <http://www.chessemployment.com.au/node/9>.

Myths and realities about people with disabilities in the workplace. (n.d.) Retrieved from [http://www.ftmeade.army.mil/pages/eo/dis\\_myths.pdf](http://www.ftmeade.army.mil/pages/eo/dis_myths.pdf).

6. What can co-workers do to minimize prejudice against people with different abilities?
7. Describe supported employment. What resources does the site below provide for a family of a supported employee?

ARISE Child and Family Service, Inc. (2009). *Supported Employment Program*  
Retrieved from [http://www.ariseinc.org/programs/support\\_employ.html](http://www.ariseinc.org/programs/support_employ.html).

### The Early Days

1. The issues of information and accessibility are important to this story. Without them, the outcomes might have been very different for the individuals and families involved. What might have changed, or remained the same?
2. List a few reasons why some of the families were hesitant to accept services.
3. Compare how services for persons with disabilities have changed during the past four decades by reviewing the history of Spectrum Network (<http://thespectrumnetwork.org/about/history/index.html>) and comparing services at the beginning of Spectrum with services offered by Spectrum and other service agencies now.  
Spectrum Network <http://thespectrumnetwork.org/>  
Comprehensive Systems Home Page <http://www.comprehensivesystems.org/index.html>.  
The Larrabee Center Inc. (Waverly, IA) <http://www.larrabeecenter.org>.

### Challenging Obstacles

1. Charla described a time when her feelings were hurt as a child and how the experience impacted her adult life. Can you recall a time when someone said something to you as a child that made a huge impact on your life? How did you feel? Do you think that the feelings of an individual with a disability are often considered?
2. Charla and Dave faced several obstacles when wanting to get married. What do you think were some of the concerns their families had about Charla and Dave getting married?

3. The following articles discuss penalties and obstacles faced by individuals with disabilities trying to get married. What is your opinion about what the articles state?

Remove Marriage Penalty Against People with Disabilities - The Petition Site. (2011). *Petition Site - Start free petitions*. Retrieved April 1, 2011, from <http://www.thepetitionsite.com/1/remove-marriage-penalty/>.

McMonagle, A. (2011). Exploring the right to get married. *The Uniter: Winnipeg's Weekly Urban Journal*. Retrieved March 20, 2011, from <http://uniter.ca/view/5901/>.

#### Aspects of my life

1. Dave discusses how his father was an alcoholic. In what ways did the experience Dave shares influence his life?
2. How did the change after being in Independence affect Dave's life?
3. What was the significance of having Charla as a support system?
1. After reviewing the following article, what are some reasons recovery from alcoholism or other addiction might be more difficult for individuals with disabilities? What are some barriers (physical, cognitive, etc) that have an impact on addiction recovery?

Office on Disability | HHS.gov. (2010.). *United States Department of Health and Human Services*. Retrieved April 2, 2011, from [http://www.hhs.gov/od/about/fact\\_sheets/substanceabuse.html](http://www.hhs.gov/od/about/fact_sheets/substanceabuse.html).

#### Rights versus Responsibilities

1. What are some concerns parents who have children with disabilities face in regards to sexual behavior?
2. Joann makes a compelling argument of why guardians of women who have an intellectual disability should have the right to eliminate concern about pregnancy. How do you feel about this option?
3. After reviewing the answers to the previous questions, how do you think the answers would influence Joann? Do you think she would reconsider her options?

Sexuality and Intellectual Disability. (2011.). *AAIDD*. Retrieved March 28, 2011, from [http://www.aaid.org/content\\_198.cfm](http://www.aaid.org/content_198.cfm).

### Tall in the Saddle

1. Often times, experts give several limits to what a person with a disability can do. In what ways do you think these opinions influence the families?
2. How much difference does it make in the life of a person with an intellectual disability to be able to play on a competitive level?

Special Olympics: Home. (2011, January 1). *Special Olympics: Home*. Retrieved April 1, 2011, from <http://www.specialolympics.org>.

3. Give examples of how Adam's life would have been different if his family listened to the doctors who said "He might be able to water plants."

### From a Teacher's Perspective

1. Discuss the importance of the social and budgeting skills that were taught at Spectrum.
2. Organizations that service persons with disabilities place emphasis on achieving client goals. How do you think placing client goals at the front of services can influence the well-being of the client?
3. After reviewing the following organizations' websites, how do they compare to Spectrum? What are some things that you would add or take away?

The Larrabee Center Inc. - Waverly Iowa - Home. (2011,). *The Larrabee Center Inc. - Waverly Iowa - Home*. Retrieved March 29, 2011, from <http://www.larrabeecenter.org>

Exceptional Persons, Inc.. (2011.). *Exceptional Persons, Inc.*. Retrieved March 29, 2011, from <http://www.episervice.org>.

### From Illinois to Iowa

1. How do you think Ron felt when he had to remove his shirt during physical education class?
2. Ron describes a time when he wishes he would have been run over instead of surviving the accident. Discuss the factors in his life that made him come to that conclusion.
3. What were some of the barriers Ron might have had during his job search?
4. After reading the following article, how does having a job influence the lives of individuals with a disability?

BOURG, A. (2011, February 1). Programs help residents with disabilities find work • Business (www.HometownAnnapolis.com - The Capital). *Annapolis, Anne Arundel County, Maryland, News, Sports, Features, Information, Entertainment*,

*Events (www.HometownAnnapolis.com - The Capital)*. Retrieved March 3, 2011, from <http://www.hometownannapolis.com/news/bus/2011/04/05-36/Programs-help-residents-with-disabilities-find-work.html>.

Never Assume, Never underestimate, and always remain open

1. Lucas mentions that working with individuals with a mental disability has not been easy and clear cut. Describe some potential obstacles a person in his situation may face daily.
2. Lucas states the importance of never assuming, never underestimating, and always remaining open during this chapter. In what ways are the three statements important when working with an individual with a mental disability, or any individual?
3. Describe a time when you remained open, did not underestimate, and did not assume. How would the experience have been any different if you did not consider these factors?
4. Describe a time in life when you were underestimated. How did you feel?
5. The following story talks about when a doctor underestimates a patient's ability to recover. After reading the story, how might the outcome have been different if Erin's mother agreed with the doctor?

Reagan, C. (2010.). NSW Council for Intellectual Disability - Erin and Christine. *NSW Council for Intellectual Disability - Home*. Retrieved March 25, 2011, from <http://www.nswcid.org.au/health/se-health-pages/real-story-erin-and-christine.html>.