

Nebraskans with disabilities offer the following advice to support staff and service providers:

**Don't be scared of me**

*Remember this is my home, not yours*

**Give me space**

**I have the right to say "No"**

*Teach me, don't do it for me*

**when I ask for it**

**Explain things in a way I can understand**

**It's my decision, not yours**

***Listen to me and Respect me***

**Understand that every person has bad days**

*I need sick leave and*

**I am an adult; treat me like one**

*vacations, just like you*

**Call me by my name, not nicknames you think are cute**

**I'm the expert about me.**

*Don't touch my wheelchair, service animal,*

**Talk with me, not at me**

*or other assistive tools without my permission*

**I am a person - not a bed, a program, a number, or a diagnosis**

**People First of Nebraska, Inc.**



[PeopleFirstNebraska@Outlook.com](mailto:PeopleFirstNebraska@Outlook.com)

*Advocacy for and by People with Disabilities*