

# KNOW YOUR SUPPORTS

Support looks different for everyone. Knowing what supports are available — and how to use them — can make everyday life, school, work, and transitions easier.



## Supports Can Include:

- People (family, peers, mentors)
- Programs & Services
- Tools & Accommodations
- Information & Resources

## Helpful Resources:

- [Charting the LifeCourse](#)
- [Centers for Independent Living Directory](#)
- [Job Accommodation Network](#)

## How Can I Ask For Support



## Start with saying...

- "I could use some help with..."
- "This isn't working for me anymore."
- "Can we talk about other options?"
- "What support is available for this?"

Supports are there to help you build confidence, independence, and choice — at your own pace.