

## Frequently Asked Questions Regarding *You're Not The Boss of Me, Stories of Self-Determination* by Sam Durbin

1. What sets this book apart from all the other books written about people with disabilities?

A: *You're Not The Boss of Me* is unique in that it is not written ABOUT people with disabilities, it is written BY someone with a disability. True to the heart of the book, it is about real life experiences and the discovery of self-determination.

2. If I read this book, how will it change my life or my view of people with disabilities?

A: Most people see a disability first, and a person second, if at all. This book will change the reader's perspective from pity, or embarrassment, or that people with disabilities don't belong to realizing that they are all equal human beings, like everybody else.

3. If I don't know anyone with a disability, how would this book be of interest to me?

The process of acquiring self-determination is one that all humans, disabled or not, experience. Most of us do it in our teen years. As the parent of any teenager will tell you, it is not an easy process even for a teen with no disabilities. A person with a disability may need a stronger support system to master self-determination but it is a topic that concerns every parent or loved one of a teenager. How do you nurture the child's ability to make decisions while protecting the child from harm? The information in this book would benefit anyone who works with or cares for young people, whether those young people have disabilities or not.

4. Will using self-determination cause people with disabilities to have more freedom than they will be able to handle, consequently setting them up for failure?

A: We all learn from failure. You can't drive a car if you don't get behind a wheel. You can't win if you've never join the race. Are you going to sit by watching the world go by, or jump in? People with disabilities have a right to make mistakes in life, just like everyone else. Having dreams makes us human, and going for those dreams is a right everyone has, including people with disabilities.

5. Can I use this book to help my friend or loved one who is disabled?

A: Absolutely. Read this book and you will understand what it means to have goals in life and how important it is to have friends and support to achieve those goals.

6. Isn't it dangerous to allow people with disabilities to marry and have children?

A: Life is full of adventure and danger. But there is no more danger to a child of people with disabilities than any one else. In fact, with all the care and attention from a circle of support, a baby born into a family with disabilities is more likely to be successful and healthy. And everyone wants a special someone to love and be with. People with disabilities are no different. Love is what they do best.

7. How could Sam write this book when he has so many disabilities?

A: The stories, the heart, the powerful desire to share his story are all Sam's, along with most of the words. Cathy Demello and Mary Shannon helped with organization, grammar, editing, and encouragement, along with the publishing process.

8. Would it be possible to have Sam come and speak to the group I belong to?

A: Sam is absolutely open to visiting groups throughout the United States. He is a powerful and inspiring speaker.

9. My loved one is in an institution. How do I know if it is possible to have him/her join a group like Integrity House?

A: The first step is for your loved one to make the decision to get out of the institution. It would have to be his or her choice. After that, everyone is welcome to become a member of Integrity House, as long as they have the desire to become one.

10. Is there a place like Integrity House somewhere near where I live?

A: Not right now. Integrity House is unique, but the self-determination movement is spreading. We hope to soon have many more throughout California.

11. Where could I learn how to get a place like Integrity House started in my area?

A: The best place is to call Integrity House, (714) 542-0855 and come for a tour.

12. Is there a limit on the types or severity of disabilities for someone in this type of program?

A: The only criteria for membership is to be 18 years old, have a cognitive or developmental disability, and a desire to be a member.

13. How can I learn more about this program?

A: You can call (714) 542-0855; arrange for a tour in Santa Ana; or visit our website, [www.integrity-house.org](http://www.integrity-house.org).