



HELP SUPPORT

MY INDEPENDENCE

- **EATING.** *I love to eat, especially sweets but please keep in mind that eating can be dangerous. Please make sure my food is very finely chopped and moist, and please and help me moderate how much I have on the spoon at one time.*
- **WALKING:** *I can walk alone, but mostly I prefer to walk with a walker, it makes me feel more secure. For long distances, I prefer to be pushed. That doesn't mean you should push me everywhere. Give me a rest, push me a little, but ask me to walk too. I like my independence.*
- **SEEING.** *I have to be careful because I have trouble seeing steps or threshold changes like between rooms, or carpet edges. I can easily trip if you don't point it out.*
- **PATIENCE.** *I've learned to wait and let people do things for me. Don't do things for me. Encourage me to do for myself. Maybe help me get started, but let me to do it myself. Thank you.*



David Fialkowski,
Call me DAVE

Dave's Address:

xxx XXXXX Ave
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Dave's Phone: 000.000.0000

Dave's Emergency Contact:

Katy Fialkowski: 000.000.0000



DAVID FIALKOWSKI

YES, IT'S ALL ABOUT ME!



YOU WOULDN'T KNOW IT UNLESS I TOLD YOU

I HAVE A BIG FAMILY

My parents had 11 children. Two of us, my brother Walter and I, were two siblings with severe disabilities. My brother Walter died in a choking accident in a CLA. So you can imagine how I worry about this and how my family worries about me.

My parents and Walter passed away years ago. Other brothers and sisters are still alive. I love them and they love me. They include: Barbara, Mary, Tony, Michael, Jimmy, Eileen, Joan, and Katy. If you look around my room you'll see things from many of my family members. They all have kids. There's a LOT of family!

You might want to know that my sister Katy is my advocate.

MY FAVORITE THINGS

- I love swimming and floating -- pools, oceans, I just love the water!
- I love music-- jazz, golden oldies, Bruce Springsteen. I like live music most.
- I love animals--dogs more than cats. My sister's arranging therapy dog visits
- I like going to Longwood Gardens AND

when I go I get to visit my sister Katy. So if we are going to Longwood, make sure you call Katy see if I can come for a visit!

- I like eating in Diners. I like the people around me. I especially like going to the same Diner and being a "regular."
- I love Baseball. I like to watch it on TV and I like to go to games. And I love to sit close enough to see the action.
- I like being around kids. They are spunky and fun to watch.

YUCK!

Like anyone, I have things I don't like.

- I don't like people standing behind me (unless we are going up the steps). I don't like being pushed. I will lean back or overcompensate or stop. Any of these could be dangerous.
- I don't like being in big crowds. If it is too crowded, I will demand to be seated and have you push me. I will probably even start yelling. When I get really upset, I will even sit down on the floor. This is a really bad signal. Get me out of there!
- I don't like people staring & laughing at me. Please don't have me wear the bib in public. It's embarrassing.
- I don't like having my face touched. I can wipe my own face. Let me know I need to.

MY BELIEFS

My parents were activists for individuals with developmental disabilities. My mother opened the first public school room in Philadelphia for kids with severe disabilities. We believe in inclusion and self determination. I want to have my own unique life. I believe I have a lot to offer any community

MY MEMBERSHIPS

- Longwood Gardens: Household membership
- Philadelphia Museum of Art: For myself (I love the cafeteria!)
- YMCA (swimming!)
- Explorer Pass to the Camden Aquarium
- I get to attend live music events

I am happy to be living an independent life in the community. I appreciate your support so that I can be safe, happy, and strong. Thank you. Dave F.