

Hi,

My name is Thomas

I use Self-Directed Services through the Community Pathway's Waiver..

I have Autism, Asthma and Crohn's Disease with 4 fistulas. I have lots of doctor appointments because of my Crohn's Disease, fistula's and I cannot sit down for very long because of the setons and I need to use the bathroom a lot.

For my Crohns Disease and fistulas I get a shot of Methotrexate on Mondays and it makes me feel sick and tired. My Humira shot is on every Sunday. My medicines make me immune-supressed. So I can't go where sick people are because it's easy for me to get sick. I cannot go to OBI or a center. I have many doctor appointments in Baltimore, and I can't leave my house on days when I am feeling sick and my fistulas bleed.

I need Self Directed Services because I want to work and be a part of my community.

With Self Directed Services, I have tried and am learning about many things:

- I am learning to grocery shop, cook & clean-up my meals.
- My food allergies and trying to gain weight are very important to my health
- I am learning how to plan and get ready for the day by making schedule.
- My medication chart helps me learn when to take my 11 medicines
- At Arlington Echo, I sorted and typed up a list of all of the books in their library
- I collect food for the Food Pantry and put it into boxes to drop off.
- I help with Harundale Church meals for the homeless. I help wash dishes
- I deliver a newsletter to 200 houses
- I help pick up trash and help with security patrol for my neighborhood.
- At WOODS Church I help keep up a garden all year, I help with Vacation Bible School, and I help with bulletins after church services.
- I help load things into a truck for HOPE For ALL.
- At the Fire Hall, I help clean up the recycle trash after BINGO.
- I advocate for unique needs and independence
- I bake food for the homeless shelter. ]
- I make sack lunches for Winter Relief Church Program.
- Daily Exercise is important to my GI system
- I volunteer for Special Olympics for 3 days at the POLAR BEAR PLUNGE where I dress as a SHARK, and hand out bags to Plungers. I also volunteer at Special Olympics fundraising events like "Kegs and Corks", Irish Fest, and other fundraising events.
- My Mom and I walk dogs so we have money to buy things.

Next I want to volunteer at a library. I am good with typing and using the computer. I am good with numbers and letters, and I can find and put away books and DVDs. I would like to work at the library.

I will have a job with a paycheck someday soon because of Self-Directed Services.

Thank you,

Thomas Shade



Del. Sid Saab



Senator Ed Reilly



Developmental Disabilities Day



Del. Heather Bagnall



DEL. MICHAEL MALONE