

Name: Sarah Oh

Date of Birth: May 13, 1999 (24 years old) Female

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Diagnosis: Autism

Service: DDA Self-Directed Services (SDS)

Background & Challenges Before SDS (Traditional Services):

- **Severe behavioral challenges**, including:
 - **Stimming and repeating questions excessively.**
 - **Throwing objects, slamming doors, and breaking cell phones and tablets** when upset.
- **Struggled in large group settings**, leading to **increased frustration and emotional distress.**
- Limited ability to **engage in social activities and community interactions.**

Improvements After SDS (Personalized 1:1 Support):

- **Improved emotional regulation**—fewer outbursts and destructive behaviors.
- **Greater social skills**—now actively participates in **group activities.**
- **More engagement in hobbies and community activities**, including:
 - **Drawing and baking** as creative outlets.
 - **Fitness activities** to promote a healthy lifestyle.
 - **Music listening and shopping**, which bring her joy.

Why SDS Matters:

- Provides **individualized support** that enables **emotional and behavioral improvements.**
- Encourages **independence and positive social interactions.**
- Empowers individuals like Sarah to **lead fulfilling and engaged lives.**

Call to Action:

Protect DDA funding to ensure continued support for individuals like Sarah!