

Nathan Trainor

Slide #1

Picture of Nate

My name is Nathan Trainor

Slide #2

I Live In My Own Duplex

One picture of Nate and two typical male roommates of similar age on Nate's couch at his duplex.

I live with awesome friends free from dear mom. We are friends; we go places, rent movies, have a beer – they treat me as an easy friend.

Slide #3

I Am Very Awesome and Busy

Three pictures of Nate, volunteering for a 3rd grade classroom, participating in a parade with his convertible and working at the Wartburg-Waverly Wellness Center membership check-in desk.

- I work at the "W", volunteer at a school and church, present, go to stores, exercise and see lots of people.
- I like to eat at restaurants, read easy books on disability and FC, swim in my pool, fast go-karts and ride in my "feel free" convertible.

Slide #4

I Like Adventure!

Four pictures of Nate, watching a show at Sea World, riding a roller coaster at Sea World, swimming with the dolphins at Sea World, watching the ocean while in a wheelchair dune buggy on a beach.

Sea World is my best vacation. Mom let's me choose my destinations.

Slide #5

I Want People to Know

My body movements are hard. The reason, I don't know.

I have to tell my feet to move and then they will. Yelling at me doesn't make them move any faster. I also don't look directly at things but I still see them.

Saying that I am not looking, is a incompetent thing to tell me.

My voice is trapped deep down inside, it wants to come out in words, but it is only noise. I can control it, but its very hard. Putting your hand over my mouth and telling me to be quiet doesn't help at all, but bribing me with chocolates might.

Slide #6

One more thing, my ears work fine. They are not deaf just because I can't talk. I laugh when people raise their voice to talk to me.

My hands are twisted and they are able to go forward but not backwards.

I need a facilitator to help. I think I could play piano.

Slide #7

Traditional vs. Nate's

(chart comparison)

| <u>Traditional</u> | <u>Nate</u> |
|---------------------------------|-------------------------|
| Segregated School..... | Inclusive School |
| Day Program..... | College |
| Day Program..... | Job |
| Day Program..... | Volunteer |
| Group Home..... | Duplex with roommates |
| Staff Provided..... | Hire own staff |
| Limited Communication..... | Supported typing |
| Limited choice and control..... | More choice and control |

Slide #8

Consumer Choices Option

“Awesome Program”

“When I get to be included doing fun things with my friends the respect I feel is awesome.”

Slide #9

I Believe.....

No one wants to be a project, this is a sad best friend reason.

Everyone wants easy friends.

Real friends take the time to get to know someone.

True friends are not fearful of me.

People try to be respectful but sometimes fear the unknown.

Slide #10

Don't Waste Your Dreams!

Treat them with respect

Communication is an awesome way to establish your dreams.

Slide #11

Freedom is respect and this can only happen when people weigh the consequences away from themselves long enough to take the time to see..... I am here.

Nate Trainor

Picture of Nate with his very good friend Vanessa after a day of swimming, Nate has his arm wrapped around his good friend.