

"Ignorance can be educated! What a bright future we can have if we speak out and people are willing to learn." - [Tweaks to DPAC can assist disabled](#). May 13, 2009.

How has your life changed since becoming a client at Annas Resources?

I think I've become a great deal more independent, self-sufficient, capable of getting my life and health organized and asserting myself. Annas Resources has helped me with daily living skills, cleaning skills, assertiveness skills, how to handle emotions and validating my own emotions rather than ignoring or fighting with them. I think I've been treated very well, with respect to my rights and emotions. I think there's been a great deal of improvement in my self esteem and finding skills to handle anxiety and frustration without panicking and being available when I need an extra hand or an extra advocate.

The following is an excerpt from Megan's Chapel Hill News article about Community Supports.

The Goal is to be Included

"My worker comes a few times a week and teaches me ways to reduce stress, tips to keep my apartment neater and other skills I can apply to my day-to-day life. She is not a servant or housekeeper. She does not do anything for me that I can do for myself, unless it is to teach me by example. All the skills I have been learning help make it possible for me to lead a mainstream life in our lovely community with dignity and self respect. That is really the goal of Community Supports. Inclusion shouldn't be a privilege but a right for everybody." - [The goal is to be included](#). May 25, 2008.

Megan has published 4 articles in the Chapel Hill News since May 2008. She uses her writing to advocate for herself and others.

"The freedom of life, liberty and the pursuit of happiness includes the right to shop, eat out, park safely and use public restrooms. This is called inclusion in the everyday world. Please, let's all be mindful of the fact that someday through aging we may all be people with disabilities and do our best to make sure that the ADA is followed for all people past, present and future." - [All disabled have a right to be considered](#). Dec 07, 2008.