



WISCONSIN BOARD FOR PEOPLE
WITH DEVELOPMENTAL DISABILITIES

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Reaching Our Fullest Potential by Rachel May

My name is Rachel May and I live in Hudson, WI. I have physical disabilities that have caused me to have a metal rod in my back. I have trouble reading and writing due to my intellectual disability and I have a difficult time understanding multiple directions and difficult concepts.

I like to listen to music and dance. I like to sit on the sofa with my family and watch movies such as, "Star Wars". I like to practice doing beauty and hair with my friends in my bedroom where I have my own beauty salon chair. I also like to do pretend surgeries such as knee and hip replacements! I love playing with my two dogs, Maggie and Ivy. I like to talk on my telephone to my friends and family. I enjoy church with my family and friends. I love to go out to eat and try new restaurants. I especially enjoy coffee shops.

In elementary school, I liked looking at the SmartBoard. I liked sitting in groups on the floor for morning meetings. I loved my teachers and all my helpers and all my classmates. In middle school I hung in there and made it through, but I didn't get to be included in regular classes with my friends. Not being allowed to be with my peers made me feel left out. At middle school graduation, I did not get to sit with my friends or join in the whole graduation. In high school, I made a lot of new friends. I was able to hang out with my classmates and it made me feel lovely. I really enjoyed being a part of the Rhinestone Raiders, our adapted cheer team. It was phenomenal. Now I am in our community transition program, and I like to volunteer and try out a lot of new jobs because it is interesting. My favorite volunteer experience is working as a teacher's assistant at our elementary school because I love my cooperating teacher and all of the students. I am currently attending Northwood Technical College in the Hospitality Foundation Program. I love going to college and meeting new college friends and feeling included and supported.

Self- Advocacy means asking for help if you are struggling with something. You would go ask someone what they are struggling with, and I would try to make their day better and make them happy. I encourage my peers to do their best and give them ideas to help them out. I always have a positive attitude and help to brighten the world. I want to make people feel welcome and it makes them feel good. I have spoken to a lot of people about my disability, and I enjoy advocating for others with difficulties. I hope to continue to advocate for myself and others. In the future, I want to go to work. I hope to get a job at a beauty shop, a restaurant, a hospital or all three! I would like to try to be an advocate for people with disabilities. I want to find my own apartment and live on my own. I want to keep finding things to do with my friends.