



Dear Friends:

Hi, my name is Sheree Lloyd and my voice is important to me. I am a self-advocate with a developmental disability. That is why I am on the Board of Directors of the Arizona Center for Disability Law (ACDL). I wanna make sure my voice is heard so that I can have choices and can help others have choices too!

I have a twin sister and when we were young, we were living in an emergency placement foster care. When I was old enough, I moved to a state group home run by the Perry Center to live with other people with disabilities. I finally was able to get an apartment on my own. Someone comes over and helps me out with breakfast and dinner and chores. I go to work and work Mondays to Fridays cleaning with my friends at a University.

Self-advocacy is important to me. That is why I am Chair of the PAIMI Council. PAIMI means the Protection and Advocacy for Individuals with Mental Illness. It is a mental health rights program at ACDL. I am involved because I care about my sister. She has a mental illness and a developmental disability. As PAIMI Chair, I give the ACDL staff my ideas about their programs and help them visit institutions to look for abuse.



As an ACDL Board member, I use my voice lots of times. In the last year, I went to Denver to tell the federal government what I want when I get older. There is not enough support for us as we age. Last month, I was at the Arizona Capitol and wrote a letter to the Governor and legislators asking them to stop cutting health and mental health care services. People need these services. People like me and my sister.

I want to thank my support, Juliana Huereña, for helping me write my letter. She helps me by writing my thoughts down for you.

Sincerely,

Sheree Lloyd

Board Member, Arizona Center for Disability Law

P.S. Please support the ACDL. They do good work and support me in having a voice.