

- Thank you for participating in this interview.
- We will ask you a series of questions about your experiences with formal and informal supports.
- There are no right or wrong answers to any of the questions.
- We hope your experiences with supports will help us make better experiences for other people with disabilities.





- You can choose not to answer at any time.
- You can skip any question.
- You can take a break at any time.
- You can end the interview at any time.
- Your honest feedback about your experiences with getting supports will help us improve how others with disabilities get services.



# Our Conversation

1. We are going to talk about work
2. Then, we are going to talk about where you live.
3. Finally, we will talk about how you stay healthy.

1. Tell me  
about your  
job.

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## 2. What does a typical day at work look like for you?

- How did you find your job?
- How do you get to your job?
- Who helps you at your job?
- Do you use any technology (like apps or computer programs) to help you at your job?

### 3. Do you need more help during the day at work?

- Have you ever tried to get more help? What was that experience like?



4. Tell me about where you live

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## 5. Let's talk more about where you live.

- Who do you live with?
- Do you like where you live?
- What activities do you do in your neighborhood (e.g., do you go to parks, stores, or play sports or games)?
- How do you get around in the community? (e.g., bus, Uber, family drives)
- Does any technology (like phone apps or a ramp) help you at home?
- Does any technology (like phone apps or ramp) help you in the community?

## 6. Do you need more help during the day at your home?

- Do you need more help during the day in your community?
- Have you ever tried to get more help? What was that experience like?

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## 8. Lets talk more about how you stay healthy.

- How do you stay fit?
- How do you get to doctor's appointments and/or to the gym?
- Who helps you stay healthy?
- Does any technology help you be healthy?

## 9. Do you need more help staying healthy?

- Have you ever tried to get more help to stay healthy? What was that experience like?

Now, we are going to ask you about different supports for people with disabilities.

10. Have you ever heard of informal supports or natural supports?

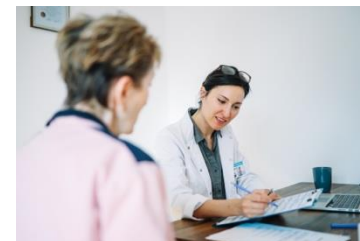
- What do informal or natural supports mean to you?

# 11. Have you ever heard of the term formal supports?

- What do formal supports mean to you?

# 12. Would you describe the following supports as formal or informal (natural)?

- Vocational rehabilitative services
- Supplemental security income (SSI)
- Support your parent/caregiver provides to you
  - Is your parent/caregiver paid to provide support?
- Your neighbors
- A mentor at work (who isn't paid to provide support)
- Your siblings
- Special recreation
- Special Olympics
- Direct service providers (e.g., personal support workers, personal care attendants, respite workers)
- Your faith or religious community
- Technology
- Anyone else who supports you (e.g., other family members, caregivers, friends, service animal)



# 13. We would like to know about your “formal” supports.

- Does an organization help you?
- Is someone paid to support you?
- Do you want more or less formal supports? Why?

## 14. We would like to know about your “informal” supports.

- What friends or family members help you?
- Do you like that support?
- Do you want more or less informal supports?

15. What else would you like to tell us?

