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**Share your story form: Self-Advocate**

**We would love to share your stories to help support a 5% rate increase for Home and Community Based Services in 2015!** They can be a couple of sentences to a page long, and can be written by a DSP or other staff member, a person served, a family member, a volunteer, a case worker or anyone else.

Stories/quotes may be used on social media, on handouts, or in email messages. If you are submitting the story on behalf of someone, please be sure The 5% Campaign has permission to share the story. Your phone and email will not be shared, and will only be used if we have a question. Content may be edited by The 5% Campaign staff for consistency, spelling, and grammar. Please feel free to send more than one story!

**My Information**

Name: Click here to enter text.   
  my full name may be used  my first name may be used name may not be used

Organization I receive services from: Click here to enter text.

best contact person/info for questions: Click here to enter text.

**My Story**

**Say a little about yourself, or the daily challenges you face:** Click here to enter text.

**My support staff help me in the following ways:** Click here to enter text.

**If my services were no longer available I would not be able to:** Click here to enter text.

**When new support staff come and go in my life, it impacts me in the following ways:** Click here to enter text.

**Photo Info** (please include caption if you are including photos)**:** Click here to enter text.

Thank You!

Please email this form to 5% Communications Team member Rich Stoebe at[**rich.stoebe@livingwell.org**](mailto:rich.stoebe@livingwell.org) or call (651) 242-5125 if he can help answer any questions.