Are you a teen or young adult with a developmental disability? Does your environment sometimes make it hard for you to do activities?

Take charge- Get a "Game Plan" to deal with environmental barriers.

Learn new strategies to make your environment work for you.

Meet other teens and young adults.

Try a new activity.

People, places, information, and rules are some examples of parts of your "environment."

Youth with developmental disabilities (including cognitive and physical disabilities) ages 14-21 are invited to complete Project TEAM as part of a research study.

Project TEAM will teach you how to identify barriers and make changes to your environment. Trainees will meet as a group to complete 8 training modules and 2 community trips to try a new activity. This training will be taught by adults with and without disabilities. The training also includes peer mentorship from other young adults with disabilities.

Trainees can receive up to $65 in gift cards for completing the training and assessments. Training materials and activities are provided free of charge.

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