

Self-Determination

Self-determination means that people with disabilities have the same rights and responsibilities as everyone else. They are entitled to equal opportunities, respect, support, and authority to exert control in their lives, to direct their services, to make decisions, and to act on their own behalf.

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Article

Supporting Daily and Major Life Decisions

The Arc's Center for Future Planning has created free decision-making resources for people with intellectual and developmental disabilities (IDD).

Source

[The Arc of the United States](#)

Links

Disability and Health Resources for Facilitating Inclusion and Overcoming Barriers

Source

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Links

PEATC Transition to Adulthood Resources

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[PEATC Transition to Adulthood Resources](#)

Links

Online Courses - VCU Center on Transition Innovations

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[Online Courses - VCU Center on Transition Innovations](#)

Article

PEATC Special Education Resources

Explore PEATC's factsheets and resource documents on important topics related to special education and transition to adulthood.

Source

[Parent Educational Advocacy Training Center \(PEATC\)](#)

Books & Guides

Retirement and Aging for People with Intellectual, Developmental, and Other Disabilities

The Institute on Community Integration (ICI) at the University of Minnesota has released an Impact feature issue on Retirement and Aging for People with Intellectual, Developmental, and Other Disabilities. This issue of Impact explores aging and retirement and urges policymakers, researchers, and others to create healthy, integrated retirement opportunities for this population. Individual articles discuss advocacy and equality during and after retirement, critical needs and unanswered questions during retirement, a conversation on aging and disability, and more.

Source

[University of Minnesota Institute on Community Integration \(ICI\)](#)

Books & Guides

Vocational Rehabilitation Self-Employment Guide (Multimedia Website)

The VR Self-Employment Guide is a multimedia website designed to help people with disabilities and vocational rehabilitation counselors understand the self-employment process. It provides a way for consumers and counselors to assess self-employment readiness and guides them through the process of developing a business plan. The website is self-directed, and can be used by individuals on their own or with the guidance of a vocational rehabilitation counselor or mentor.

Source

[UM Rural Institute on Inclusive Communities](#)

Links

Autism Grown Up Resource Center

Source

[Autism Grown Up Resource Center](#)

Links

Autism Webinars (Autism Society of North Carolina)

Source

[Autism Webinars \(Autism Society of North Carolina\)](#)

Videos

Future Financial Planning for People with Disabilities

The Arc Center for Future Planning has developed a video series for people with intellectual and developmental disabilities (IDD) and their families as they plan for the future, including having a financial plan. Video topics include information and resources on ABLE Accounts and Special Needs Trusts. These videos are also available in Spanish.

Source

[The Arc's Center for Future Planning](#)

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