



# Self-Determination Curriculumms and Tools

## AN IMPORTANT STEP TOWARDS BEING SELF-DETERMINED IS KNOWING ABOUT RESOURCES

Title	Created By	Target Audience	Topic
Project STIR <a href="http://dmh.mo.gov/dd/docs/projectstir.pdf">http://dmh.mo.gov/dd/docs/projectstir.pdf</a>	Project STIR was originally developed by The Carolina Institute for Developmental Disabilities (CIDD) and has been updated for Missouri	People with disabilities	Self-advocacy skills
Escape – DD <a href="http://www.tc.columbia.edu/oopd/escape-dd-curriculum/">http://www.tc.columbia.edu/oopd/escape-dd-curriculum/</a>	Center for Opportunities and Outcomes for People with Disabilities	People with Disabilities	Abuse and Neglect Prevention, Empowerment
Friends: Connecting people with disabilities and community members & Activity Worksheets <a href="http://rtc.umn.edu/docs/Friends_Connecting_people_with_disabilities_and_community_members.pdf">http://rtc.umn.edu/docs/Friends_Connecting_people_with_disabilities_and_community_members.pdf</a>	RTC on Community Living	Supporters	Community membership
CARB Workbook <a href="http://www.northstarsls.org/sites/default/files/Community%20Building.pdf">http://www.northstarsls.org/sites/default/files/Community%20Building.pdf</a>	NorthStar Services; Community Connecting	People with disabilities, Supporters	Community membership, relationships
Identifying Alternatives to Guardianship <a href="http://moguardianship.com/Alternatives%20to%20Guardianship%20Tool%20Revised%2011-2015.pdf">http://moguardianship.com/Alternatives%20to%20Guardianship%20Tool%20Revised%2011-2015.pdf</a>	UMKC	Supporters	Decision making
The Road to Work <a href="http://www.self-advocate.org/library/pdfs/RoadtoWork.pdf">http://www.self-advocate.org/library/pdfs/RoadtoWork.pdf</a>	Youths 4 Advocacy	People with disabilities, youth	Employment
My Health, My Choice, My Responsibility (separate trainers manual and iPad app) <a href="http://www.ngsd.org/news/my-health-my-choice-my-responsibility-ipad-app">http://www.ngsd.org/news/my-health-my-choice-my-responsibility-ipad-app</a>	Westchester Institute for Human Development and Self-Advocacy Association of NY State	People with disabilities	Health self-advocacy
Just Enough Supports <a href="http://www.helensandersonassociates.co.uk">http://www.helensandersonassociates.co.uk</a>	Helen Sanderson and Associates	People with disabilities, Supporters	Lessen paid supports
Cents and Sensibility <a href="http://www.nasdds.org/resource-library/self-advocacy/cents-and-sensibility-a-guide-to-money-management-for-people-with-disabilit/">http://www.nasdds.org/resource-library/self-advocacy/cents-and-sensibility-a-guide-to-money-management-for-people-with-disabilit/</a>	Pennsylvania Assistive Technology Foundation	People with disabilities	Money Management
Success in Telling Your Story (and prezi) <a href="http://ngsd.org/people-disabilities/create-your-story">http://ngsd.org/people-disabilities/create-your-story</a>	A National Gateway to Self-Determination	People with disabilities, families, supporters	Personal stories
Examples of Person-Centered Planning <a href="http://www.dds.ca.gov/RC/docs/IPP_Manual_Chap4a.pdf">http://www.dds.ca.gov/RC/docs/IPP_Manual_Chap4a.pdf</a>	California Department of Development Services	Supporters	Planning formats
It's My Future (and iPad app) <a href="http://ngsd.org/news/its-my-future">http://ngsd.org/news/its-my-future</a>	A National Gateway to Self-Determination	People with disabilities	Planning led by individual, goal

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			setting
Scrapabilities, Living the Self-determined Life <a href="http://www.missouripeoplefirst.org/user_storage/File/pfmo/People%20First%20Self-Determination%20%20LifeBooks3%20ppt.pdf">http://www.missouripeoplefirst.org/user_storage/File/pfmo/People%20First%20Self-Determination%20%20LifeBooks3%20ppt.pdf</a>	Missouri People First	People with disabilities	Planning led by individual, Life Books
Personal Preference Indicators, A Guide for Planning <a href="http://www.ouhsc.edu/thecenter/products/documents/CLL-UCEDD_Personal_Preference_Indicators_June%202006.pdf">http://www.ouhsc.edu/thecenter/products/documents/CLL-UCEDD_Personal_Preference_Indicators_June%202006.pdf</a>	Center for Learning and Leadership	Supporters	Planning, identifying preferences
Self-Determination guide <a href="http://www.waisman.wisc.edu/cedd/pdfs/products/community/Self-Determination.pdf">http://www.waisman.wisc.edu/cedd/pdfs/products/community/Self-Determination.pdf</a>	Waisman Center Wisconsin	Youth with Disabilities	Self-advocacy skills
How to Self-Advocate: Ten Steps to Success <a href="http://ndalc.org/wp-content/uploads/2014/10/How-to-Self-Advocate-Ten-Steps-to-Success.pdf">http://ndalc.org/wp-content/uploads/2014/10/How-to-Self-Advocate-Ten-Steps-to-Success.pdf</a>	Nevada Disability Association	People with disabilities	Self-advocacy skills
The Art of Impact: A Handbook for Self-Determined Living <a href="http://www.startyourjourney.org/read-the-book">http://www.startyourjourney.org/read-the-book</a>	NACDD	People with disabilities	Self-advocacy skills
Fostering Self-Determination Among Children and Youth with Disabilities <a href="http://interwork.sdsu.edu/sp/takecharge/files/2013/05/FosteringSelfDetermination.pdf">http://interwork.sdsu.edu/sp/takecharge/files/2013/05/FosteringSelfDetermination.pdf</a>	Waisman Center Wisconsin	Families	Self-advocacy skills
10 Steps to Independence <a href="http://ngsd.org/news/10-steps-independence-promoting-self-determination-home">http://ngsd.org/news/10-steps-independence-promoting-self-determination-home</a>	A National Gateway to Self-Determination	Families	Self-advocacy skills
The Arc's Self-Determination Scale <a href="http://www.thearc.org/document.doc?id=3671">http://www.thearc.org/document.doc?id=3671</a>	The Arc	Youth with disabilities	Self-determination – strengths and areas for improvement
Charting the Life Course <a href="http://www.lifecoursetools.com/">http://www.lifecoursetools.com/</a>	MO Family to Family, UMKC	Families, people with disabilities	Vision for future
Project VOTE (slides and voter education toolkit) <a href="http://www.sabeusa.org/govoter/vote-toolkit/">http://www.sabeusa.org/govoter/vote-toolkit/</a>	SABE	People with disabilities	Voting



Improving lives THROUGH supports and services THAT FOSTER self-determination.