

# Self-Determination Resources (created to complement “Self-Determination in Missouri training)

<p>A GUIDE TO MOHEALTHNET (MEDICAID) BENEFITS &amp; SERVICES</p> <p>A GUIDE TO UNDERSTANDING MOHEALTHNET SERVICES FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES</p>		<p><b>“A Guide to Understanding MoHealthNet (Medicaid) Services”</b></p> <p>Adobe Printable <a href="http://dmh.mo.gov/docs/dd/GuideMohealthnet.pdf">http://dmh.mo.gov/docs/dd/GuideMohealthnet.pdf</a> (Print two sided on “short end”)</p> <p><b>Online Viewing</b> <a href="http://en.calameo.com/read/000494321666793128cd6">http://en.calameo.com/read/000494321666793128cd6</a></p>
<p>KNOWING YOUR RIGHTS</p> <p>A GUIDE FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES TO UNDERSTANDING RIGHTS AND RESPONSIBILITIES</p>		<p><b>“A Guide for Individuals with Developmental Disabilities to Understanding Rights and Responsibilities”</b></p> <p>Adobe Printable <a href="http://dmh.mo.gov/docs/dd/rightsbooklet.pdf">http://dmh.mo.gov/docs/dd/rightsbooklet.pdf</a> (Print two sided on “short end”)</p> <p><b>Online Viewing</b> <a href="http://en.calameo.com/read/0004943218b3e602843ea">http://en.calameo.com/read/0004943218b3e602843ea</a></p>
<p>It's My Home!</p> <p>A GUIDE FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES TO HELP UNDERSTAND HOUSING OPTIONS</p>		<p><b>“A Guide for Individuals with Developmental Disabilities to Understanding to Help Understand Housing Options”</b></p> <p>Coming soon to <a href="http://dmh.mo.gov/dd/Housing.htm">http://dmh.mo.gov/dd/Housing.htm</a></p>
<p>Support Real Lives</p> <p>Charting the Life Course: A Guide for individuals, families and professionals</p>		<p><b>“Charting the Life Course: A Guide for individuals, families and professionals”</b></p> <p>Adobe Printable <a href="http://mofamilytofamily.org/user_storage/File/f2f/LIFE%20COURSE%20V2_0.pdf">http://mofamilytofamily.org/user_storage/File/f2f/LIFE%20COURSE%20V2_0.pdf</a></p> <p><b>Online viewing</b> <a href="http://www.calameo.com/books/000494321e7c486513fd0">http://www.calameo.com/books/000494321e7c486513fd0</a></p>
		<p><b>LifeBooks</b></p> <p>Visit the MO-SDA website at <a href="http://mo-sda.org/lifebooks">http://mo-sda.org/lifebooks</a></p> <p>Or</p> <p>Contact your Regional Office Advocacy Specialist <a href="http://dmh.mo.gov/dd/Advocacyspecialists.htm">http://dmh.mo.gov/dd/Advocacyspecialists.htm</a></p>
<p>A National Gateway to Self-Determination</p> <p>SUCCESS in Telling Your Story</p>		<p><b>Success in Telling Your Story</b></p> <p>Visit the National Gateway to Self-Determination website at <a href="http://ngsd.org/people-disabilities/create-your-story">http://ngsd.org/people-disabilities/create-your-story</a></p> <p>Or</p> <p>Contact your Regional Office Advocacy Specialist <a href="http://dmh.mo.gov/dd/Advocacyspecialists.htm">http://dmh.mo.gov/dd/Advocacyspecialists.htm</a></p>
<p>Determining the Efficacy of the Self-Determined Career Development Model</p> <p>A project funded by the National Institute on Disability and Rehabilitation Research (Project #H133G120071)</p>		<p><b>Self-Determined Career Development Model</b></p> <p>Visit the National Gateway to Self-Determination website at <a href="http://ngsd.org/professionals/self-determined-career-development-model">http://ngsd.org/professionals/self-determined-career-development-model</a></p> <p>or Contact: George Gotto, Ph.D., UMKC Institute for Human Development, UCEDD 215 W. Pershing, 4th flr, Kansas City, MO 64108; Office: (816)235-5334 <a href="mailto:gottog@umkc.edu">gottog@umkc.edu</a></p>

	<p><b>Social Capital Web</b>  Coming soon to National Gateway to Self-Determination website at <a href="http://ngsd.org/">http://ngsd.org/</a></p>
	<p><b>Project STIR</b>  Visit the MO-SDA website at <a href="http://mo-sda.org/project-stir">http://mo-sda.org/project-stir</a>  Or  Contact your Regional Office Advocacy Specialist  <a href="http://dmh.mo.gov/dd/Advocacyspecialists.htm">http://dmh.mo.gov/dd/Advocacyspecialists.htm</a></p>
	<p><b>Tools of Choice Training</b>  Contact your Regional Office Behavioral Resource Team</p>
	<p><b>Missouri Inclusive Housing Development Corporation*</b>  <a href="http://www.mohousing.com/">http://www.mohousing.com/</a>  <i>*Funding provided by the Missouri Developmental Disabilities Council under provision of the PL106-402, the Developmental Disabilities Assistance and Bill of Rights Act.</i></p>
	<p><b>People First Missouri</b>  <a href="http://missouripeoplefirst.org">http://missouripeoplefirst.org</a></p>
	<p><b>Disability Benefits 101</b>  <a href="http://mo.db101.org/">http://mo.db101.org/</a></p>
	<p><b>Show-Me-Careers: Missouri Transition to Employment Collaborative</b>  <a href="http://showmecareers.org/">http://showmecareers.org/</a></p>
	<p><b>Real Voices Real Choices Training</b>  Visit the DMH website at  <a href="http://dmh.mo.gov/constituentservices/ConsumerConference.htm">http://dmh.mo.gov/constituentservices/ConsumerConference.htm</a></p>
	<p><b>National Gateway to Self-Determination</b>  <a href="http://ngsd.org/">http://ngsd.org/</a></p>

## Missouri Self-Determination Association MO-SDA



[www.mo-sda.org](http://www.mo-sda.org)

Tools to Increase Self-Determination



*MO-SDA believes that individuals need to be the primary decision maker in their lives, pursue what is important to them and have meaningful roles in the community.*

## Missouri Self-Determination Association

<http://ngsd.org/>