



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

MO DDD & You: Exploring New Resources From the Division of DD

Information for Individuals & Families

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June 28, 2022

Webinar Agenda



- Plain Language Easy Readers
- Easy Readers available from the Division
- Self-advocacy skills
- Self-Advocacy web page
- “Charting My LifeCourse” Training Modules

Plain Language Easy Reader



- Provides effective communication
- Uses headings
- Bulleted lists
- Shorter sentences
- Uses pictures

Division of DD Easy Readers


Ways to Help Keep you Healthy
The Missouri Division of Developmental Disabilities and You



 Missouri Division of Developmental Disabilities
573-751-4054
573-751-9207
ddmail@dmh.mo.gov
dmh.mo.gov/contact-us


What is the Missouri Division of Developmental Disabilities?
The Missouri Division of Developmental Disabilities and You





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What is Medicaid/ MO HealthNet?
The Missouri Division of Developmental Disabilities and You





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What is Your Individual Support Plan?
The Missouri Division of Developmental Disabilities and You



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Know Your Rights and Responsibilities
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Say NO to Abuse and Neglect
The Missouri Division of Developmental Disabilities and You



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Future Easy Reader Topics



Future topics include:

- Selecting a Housemate
- My Own Home
- Self-Directed Services: Employment Guidelines
- Participating in Surveys
- Understanding Waivers

What is Self-Advocacy?

Self-Advocacy provides the knowledge needed to succeed and the chance to participate in decisions that are being made about your life. These can be seen by:

- Speaking up for yourself
- Making your own decisions about your own life
- Learning how to get information so you can understand things that are of interest to you
- Learning about self-determination
- Finding support in your journey
- Knowing your rights and responsibilities
- Problem solving, listening, and learning
- Reaching out to others when you need help and friendship

Why Self-Advocacy is important?

- **Self-advocacy**, while important for everyone, is especially important for people with intellectual and developmental disabilities.
- When people do not advocate for themselves, they may be pushed to do things that don't feel right to them or become down.
- The goal of **self-advocacy** is to equip people with knowledge to make informed, authentic decisions, and to empower them to make those decisions.

Why Self-Advocacy is important?

Three main parts to Self-Advocacy:

1. Know yourself
2. Know your needs
3. Know how to get what you need

Self-Advocacy Training

- ***Charting My Lifecourse*** - a set of online interactive trainings created with self-advocates for self-advocates. (specifically for advocates with intellectual and developmental disabilities (I/DD) and their families/caregivers)
- The ***Charting My LifeCourse*** trainings are organized around the following topics:
 - Topic 1. Discovering Charting the LifeCourse
 - Topic 2. Discovering the Support Star
 - Topic 3. Discovering Your Good Life

Navigating to the Self-Advocacy Page



Navigating to the Self-Advocacy web page:

- Go to the Division of DD Home Page
(<https://dmh.mo.gov/dev-disabilities>)
- Under “Popular Sections,” click on
“Community Supports” tab
- Click on “Self-Advocacy” link
(<https://dmh.mo.gov/dev-disabilities/self-advocacy>)

Navigating the Training Modules



When you are ready to explore the training modules:

- Under “Self-Advocacy Training,” click on ***Charting My LifeCourse*** link (<https://moddd.thinkific.com/pages/self-determination>)
- **Sign in** (located at the top right hand corner)
- Once signed in, you will have your own Student Dashboard

Navigating the Training Modules



- “My Courses” – will show all the courses available to you.
- Charting My LifeCourse box will show all the courses and your current status with them.

Navigating the Training Modules



- ***Charting My LifeCourse*** modules are self-paced.
(log in and out as needed)
- All courses have interactive features.
- Can repeat sections as many times as needed.
- Certificate of Completion is provided when finished.
- Can review modules as needed.

Questions?



Next MO DDD & You Webinar



Mark your calendar now!

The next “MO DDD & You” webinar is
scheduled for
July 26, 2022



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THAT FOSTER self-determination.

Thank You