

OCTOBER 2019

Independent Living

Self- Determination

Do you want to help your child with a disability live an included and productive life? Your son or daughter needs self-determination skills such as making choices, setting goals, and self-advocacy. The Self-Determination video will provide you with a foundation of how to teach these skills to your son or daughter.

[Training Video on Self-Determination.](#)

Especially for parents (25 minutes) | Available in English and Spanish. Also available in Spanish ([Cómo ayudar a nuestros hijos a desarrollar su auto determinación](#)).

From the Utah Parent Center.

Vocation

Statistics

[Statistics Reveal Strong Job Gains for Disabled Americans](#)

Job numbers are up substantially for Americans with disabilities. Read the good news in the below link;

<https://www.disabled-world.com/disability/employment/usa/ntide-2019.php>

NOVEMBER 2019

Independent Living

PERSON CENTERED PLANNING

Person Centered Planning is an ongoing problem-solving process used to help people with disabilities plan for their future. In person centered planning, groups of people focus on an individual and that person's vision of what they would like to do in the future.

A person centered plan can help those involved with the focus person see the total person, recognize his or her desires and interests, and discover completely new ways of thinking about the future of the person." — *Beth Mount & Kay Zwernik, 1988*

Person Centered Planning Resources

<https://www.pacer.org/transition/learning-center/independent-community-living/person-centered.asp>

From Pacer.org

Vocation

Contact Information for Department of Aging and Disability Services (ADS) ~ (formerly known as DORS)

Central Office
55 Farmington Avenue, 12th floor
Hartford, CT 06105
Main number: (860) 424-5055
TTY: (860) 247-0775
Fax: (860) 424-4850

Bridgeport
1057 Broad Street
Bridgeport, CT 06604
203-683-0500
<https://portal.ct.gov/AgingandDisability/Content-Pages/Main/Office-Locations>



Independent Living

The Importance of a Transition Plan

Sue Pratt shares about the power of high expectations and the role a well-constructed transition plan plays in success for transitioning youth.

https://www.youtube.com/watch?v=rL_3LV0rKvU#action=share

Transition Planning Resources

[Transition to Adulthood: Where Do We Start](#)

[Transition to Adulthood: Who Plans and Why](#)

[Transition to Postsecondary Education or Training: What Parents Can Do Now](#)

[From www.pacer.org](#)

DECEMBER 2019

Vocation

Formerly known as (DORS) ~ Department of Aging and Disability Services (**ADS**)

Applying for Services ~ ADS offers several programs for aging persons with disabilities. The best way to find out about a specific service is to contact the specific bureau. ADS is made up of different bureaus. The various bureaus and services can be found in the link below.

<https://portal.ct.gov/AgingandDisability/Content-Pages/Bureaus/Bureau-of-Rehabilitation-Services>

Happy New Year

January 2020

Independent Living

Community Housing with Supports CT

This guide, from ARC, defines and gives examples of many types of living situations for adults with Intellectual/Developmental Disabilities. It explains some of the more innovative approaches families are taking towards Supported Living Opportunities and Housing Options nationwide.

The Journey to Community Housing with Supports

A road map for individuals with intellectual and developmental disabilities and their families in Connecticut

<https://portal.ct.gov/-/media/DDS/housing/TheArcResourceGuide.pdf?la=en>

Vocation

Formerly known as (DORS) ~

Department of Aging and Disability Services

Accessibility Technology

What is Accessible technology? "Accessible technology is technology that has been designed in a way so that it can be accessed by all users. This includes electronic documents, websites, software, hardware, video, audio, and other technologies. People who interact with technology are extremely diverse. Excerpt from the University of Washington website:

[Accessible Technology - Getting Started with Accessibility](#)

<https://portal.ct.gov/AgingandDisability/Content-Pages/Main/Accessibility>