

Spend Your Precious Time Getting A Life!

Guidelines and Resources for Getting the Life You Want:

Intended to help transition age and young adult consumers and their families locate and obtain services for a meaningful life from local agencies and providers as well as the state developmental disabilities service system.

Information is Power!

The sections in the Guidelines

- Are carefully written to provide practical, real life, problem-solving information.
- Each section emphasizes “what and how to think” about the issues and decisions involved in “getting a life”
- From the standpoint of best practices, leading models, and the important values involved in human service endeavors.



The CMR Leadership Institute:

The work of the Leadership Institute is directed to consumers, families, providers of services, local businesses, faith communities, policy makers, and other leaders. It offers opportunities for consumer and parent education and professional development through practical and affordable seminars, workshops, and conferences. These programs provide the community with information, training, and public understanding of issues related to mental retardation and developmental disabilities. Contact us

at 587-6500 or mail to

101 Witherspoon Street, Louisville KY 40202



101 Witherspoon Street
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Guidelines & Resources *For Getting The Life You Want*

Presenting a new manual by the Leadership Institute written especially for adults with disabilities, their families, teachers, caregivers, circle of support and providers of services.

The Guidelines consist of approximately 200+ pages of content specifically addressing each area of supports and services relevant to an adult with a disability and contains lists of resources, telephone numbers, and websites.

How This Guide is Organized: There are 12 sections in the Guidelines, each contains:

- **An introduction** to the topic addressed, and a discussion of why this is important,
- Followed by a checklist of issues, considerations, options, or alternatives
- Factual information, program descriptions, eligibility criteria, and contact information
- A presentation of **best practices** or visionary philosophy,
- A discussion of Vision vs. Reality in regard to specific topics
- **“Voice of Experience”**- opinions and advice from a consumer, parent or provider
- In some sections, a set of very important considerations called “Through Asking the Right Questions... You Can Reach Your Destination”
- **An Advocacy Needs** listing at the end of each section so that if you want to work toward a better way to do things, you will know where to start

Table of Contents

1. Transition — Timeline and checklist of areas to be included in assessment and transition planning; information about services and supports such as SSI, Support Coordination; importance of Circles of Support, Person-Centered Futures Planning, Self-Determination

2. A Meaningful Day — information on career planning, supported employment, day habilitation programs, recreation and leisure options

3. Health and Wellness - various aspects of specific disabilities and issues of aging with emphasis on health and wellness strategies for parents, teachers and support staff in assisting consumers to live healthier lives.

4. Information on Medicaid and Managed Care

5. Living Arrangements and Housing focuses on person-centered planning and finding residential services and a home in the community, various types of living arrangements, some information on financial and physical support

6. Transportation section - information on regular TARC and TARC3 — basic rules and “ridership tips” as well as the details on non-emergency medical transportation

7. The Family/Caregiver Support section — discussion of the process by which many families deal with and adjust to the birth and growth of a child with a disability, discussion of the unique family dynamics operating in such families; the necessity for enhancing the emotional, spiritual, mental and social health of families who have members with disabilities; the importance of circles of support and futures planning

8. Behavior Support section - a compassionate look at the lives of persons who display inappropriate or aggressive behaviors and the problems of persons with disabilities who have a dual diagnosis; special emphasis on devaluation and its effects on the mental health of individuals with disabilities; behavior support approaches

9. Financial Concerns/Estate Planning - information on various funding streams, specialty funds, information on SSI, SSDI, and the intricacies of Medicare, Medicaid benefits; Special Needs Trusts and other future financial planning options

10. Information surrounding Guardianship and Alternatives

11. Assistive Technology/Physical Adaptations and Accommodations section -information on technology devices designed for special needs; adaptations for physical disability and special home design considerations

12. Self-advocacy and Advocacy - the basics of advocacy and suggestions for any consumer groups, agency staff, boards and parent groups on how to most effectively engage in grassroots advocacy or legislative education/political advocacy.

Although much of the general information is applicable to consumers across the Commonwealth, regrettably, the specific resource material applies only to people living in the Louisville Metro area and Seven Counties Region.

Make checks payable and send along with this completed order form to:

Council on MR Leadership Institute
1146 South Third Street
Louisville, KY 40203-2997

Questions? Contact: Beth Richardson (502) 587-6500, or e-mail brichardson@councilonmr.org

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