

Information Regarding Independent Living

Adult students with disabilities want to live independent lives. You want to set their own life goals and work toward reaching those goals. There are numerous resources available to help adult students live lives of independence. The foundation of many of these resources is the Developmental Disabilities Assistance and Bill of Rights Act (DD Act).

The DD Act speaks to "self-determination activities." It explains that these are "activities that result in individuals with developmental disabilities, with appropriate assistance . . . to advocate for themselves and others, to develop leadership skills, through training in self-advocacy, to participate in coalitions, to educate policymakers, and to play a role in the development of public policies that affect individuals with developmental disabilities."

Becoming independent, or self-determined, as an adult begins early. To facilitate independent living, transition requirements for students with disabilities must begin no later than when he or she turns age 14. Additional transition requirements take effect by the time the student turns age 16. These transition requirements are meant to assist students in preparing for success after high school.

Resources regarding independent living follow on the next page.

Resources Regarding Independent Living

Beach Center on Disabilities

<http://www.beachcenter.org/beach-self-determination>

D & S Community Services

<https://www.dscommunity.com/locations/texas/>

Disability Rights Texas

<https://www.disabilityrightstx.org/resources/community-living>

[https://www.disabilityrightstx.org/files/Making My Own Choices Final 3 28 2018.pdf](https://www.disabilityrightstx.org/files/Making_My_Own_Choices_Final_3_28_2018.pdf)

<https://www.disabilityrightstx.org/resources/supported-decision-making>

I'm Determined

<https://www.imdetermined.org/quick-links/transition-guide/transition-guide-independent-living/>

Independent Living Research Utilization

National Center on Secondary Education and Transition

<http://ncset.org/topics/sdmhs/default.asp?topic=30>

National Parent Center on Transition and Employment

<http://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp>

Navigate Life Texas

<https://www.navigatelifetexas.org/en/transition-to-adulthood/helping-your-child-build-their-independence>

<https://www.navigatelifetexas.org/en/transition-to-adulthood>

<https://www.navigatelifetexas.org/en/transition-to-adulthood/legal-options-for-age-18-and-beyond>

<https://www.navigatelifetexas.org/en/insurance-financial-help/texas-medicaid-waiver-programs-for-children-with-disabilities>

Self-Determination.org

http://www.selfdetermination.dept.ku.edu/wp-content/uploads/2016/03/SDI-Student-Report-Guide_small.Final_.pdf

Texas Council for Developmental Disabilities

<http://www.tcdd.texas.gov/resources/guardianship-alternatives/supported-decision-making/>

Texas Health and Human Services

<https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/local-intellectual-developmental-disability-authority-lidda/local-authorities-directory>

<https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/providers/resources/ltss-waivers-2-8.pdf>

Texas Project First

<http://www.texasprojectfirst.org/node/234>

Texas Workforce Commission

<http://www.twc.state.tx.us/jobseekers/vocational-rehabilitation-services>

The Arc of Texas

<https://www.thearcoftexas.org/information-resources/>

[https://www.thearcoftexas.org/wp-](https://www.thearcoftexas.org/wp-content/uploads/2016/06/Supported_Decision_Making_For_Families_UPDATED_Jan_2016.pdf)

[content/uploads/2016/06/Supported_Decision_Making_For_Families_UPDATED_Jan_2016.pdf](https://www.thearcoftexas.org/wp-content/uploads/2016/06/Supported_Decision_Making_For_Families_UPDATED_Jan_2016.pdf)

The Developmental Disabilities Assistance and Bill of Rights Act of 2000

<https://www.acl.gov/about-acl/authorizing-statutes/developmental-disabilities-assistance-and-bill-rights-act-2000>

Transition in Texas

<https://www.transitionintexas.org/Page/97>

