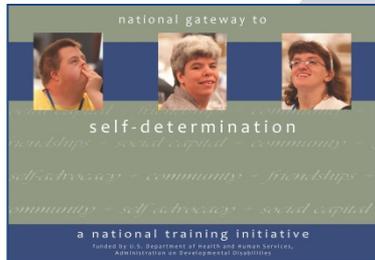




# A National Gateway to Self-Determination

*funded by the US Department of Health and Human Services, Administration on Developmental Disabilities*

Included on this USB Drive are a number of National Gateway to Self-Determination products in a variety of formats. Products include:



## Folder 1. Introductory Materials:

### Introductory Brochure About the Project

- This introductory brochure provides an excellent look at the project in general, including the partnerships, mission, basic concepts, and more.



### Introductory Brochure About Self-Determination: “What is Self-Determination and Why Is It Important?”

- This introductory brochure provides an excellent look at self-determination through the stories of self-advocates.
- The video version is a great way to start a class or training session.

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## Folder 2. Theoretical Framework & Scholarly Materials:

“Papers on Scaling-Up Efforts to Promote Self-Determination,” a series of papers to assist in the promotion of self-determination.

- Paper 1: “A Social-Ecological Approach to Promote Self-Determination” presents and outlines a social-ecological approach as a “model of intervention” to enhance self-determination interventions and efforts.
- Paper 2: “Personal Self-Determination and Moderating Variables that Impact Efforts to Promote Self-Determination” details the self-determination construct and discusses variables that impact intervention design and implementation.
- Paper 3: “Self-Determination Across the Life Span: Issues and Gaps” synthesizes self-determination literature across the lifespan and identifies gaps between theory, research, and evidence-based practices.
- Paper 4: “Lessons Learned in Scaling-Up Effective Practices: Implications for Promoting Self-Determination within Developmental Disabilities” looks at existing research on scaling-up, expanding 'lessons learned' to the area of self-determination within the field of developmental disabilities.

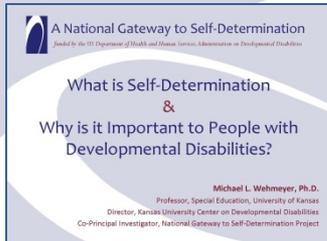


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## Folder 2. Theoretical Framework & Scholarly Materials:

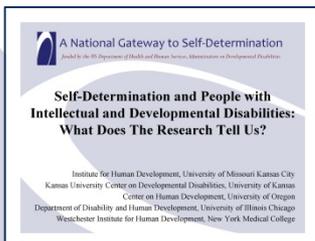
### Graduate Level Lecture PowerPoint and Accompanying Link to Lecture

- This product is a lecture (divided into shorter sections) by Dr. Michael Wehmeyer focusing on efforts to promote self-determination. Topics range from a definition of self-determination, to why it is important in the lives of people with disabilities, to what it means to and for them to be self-determined individuals.



### White Paper, Accessing Social Capital, Implications for Persons with Disabilities

- A key variable for a higher quality of life for people with disabilities is social capital. This paper focuses on the operation of social capital in the lives of people with disabilities and provides case studies of social capital at individual, group and community levels. It also discusses three necessary steps for the development of social capital among individuals with disabilities.



### PowerPoint, Self-Determination and People with Intellectual and Developmental Disabilities: What Does The Research Tell Us?

- This review provides a singular source for recent, influential research involving self-determination for youths and adults with intellectual and developmental disabilities, so as to better guide intervention and supports related to the promotion of self-determination.

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## Folder 2. Theoretical Framework & Scholarly Materials:

### Promoting Self-Determination for Adults, A Practice Guide

- This product contains summaries and reviews of the four current evidence-based practices for developing self-determination for adults. A definition of each practice and its implementation are included with a summary of the research literature and an analysis of the level of evidence.

### Promoting Self-Determination, A Practice Guide

- “Promoting Self-Determination: A Practice Guide” contains a review and summary of existing practices that enhance self-determination. Research literature is summarized, and existing empirical evidence of effective practices related to self-determination are included.



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## Folder 3. Research to Practice in SD Series:

The purpose of this series is to describe key issues in the field of developmental disabilities that can be enhanced by considering efforts to promote self-determination. This series is intended for use by people with developmental disabilities, family members, professionals, state and federal agencies, and academic programs.

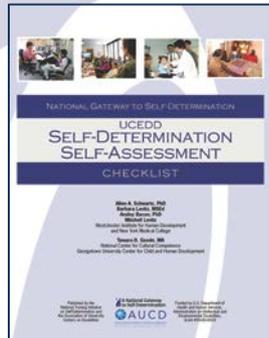
- Issue 1: Self-Determination and Self-Advocacy
- Issue 2: Self-Determination and Employment
- Issue 3: Self-Determination and Health
- Issue 4: Family Focus on Self-Determination

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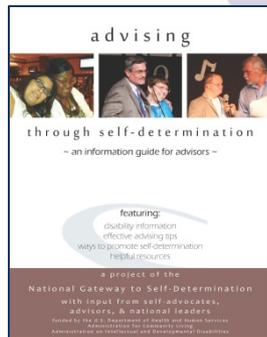
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## Folder 4. Useful Tools for Scaling Up

### UCEDD Self-Determination Self-Assessment Checklist

- A straightforward tool and process to determine the degree to which a UCEDD's policies, practices, and personnel are promoting self-determination for people with intellectual and developmental disabilities (I/DD) and their families. The result will be a profile of the organization's performance that can be used to identify areas to strengthen, and to suggest resources and strategies for desired improvements.



### Advising Through Self-Determination, An Information Guide

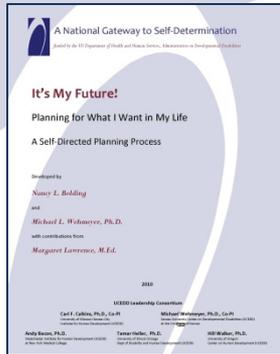
- This guide provides advisors with a variety of resources, from general information regarding disability and advocacy to specific examples of activities that promote self-determination. Multiple organizations and individuals contributed to this guide, providing first-hand information from detailed traits of effective advisors to advice from both advisors and self-advocates.

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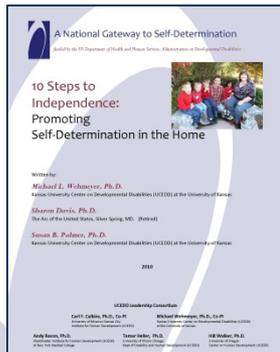
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## Folder 4. Useful Tools for Scaling Up

### It's My Future

- It's My Future! by Bolding, Wehmeyer, and Lawrence is useful for adults with developmental disabilities to prepare for their planning, individual habilitation, or person-centered planning meeting. Chapters address elements of self-determination to support choice and decision making, goal setting, and communication in multiple aspects of life.



### Ten Steps to Independence

- "10 Steps to Independence: Promoting Self-Determination in the Home" is a guide for parents to help their child become self-determined. It focuses on ten key issues including exploration and self-esteem.

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## Folder 4. Useful Tools for Scaling Up

### Getting Involved in Research

- This guide explains to people with disabilities how they can participate in research and training projects. It describes what research and training is and what a participant can do. It also provides examples of projects and of ways to address problems others have had when working on research and training.

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