

# Supporting Daily and Major Life Decisions

## **Free Decision-Making Resources - Download Now!**

People with intellectual and developmental disabilities (IDD) must make many daily and major life decisions, just like people without disabilities.

This can include decisions about buying things they need, managing a budget, and talking with doctors about their health care.

There are many ways people with IDD make decisions, both on their own and with support. But a person's ability to make decisions can change throughout their life.

It is important to [have a plan for how decisions are made](#) and to update this plan regularly.

This way, everyone can make the decisions they want.

The Arc's [Center for Future Planning](#) has created free resources to help.

### Download the free documents to:

- Learn about decision-making options for people with IDD
- Understand the myths and limits of guardianship
- Learn how to make, review, and adjust a decision-making plan throughout a person's life to maximize their ability to make their own decisions

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Image



**For people with intellectual and developmental disabilities**

The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes

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