

# 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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