

Individual supports are services and resources provided to directly meet your specific needs. Supports and services are identified by you and could include home based personal assistance, assistive technology, service animals, and transition support.



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Links

## [\*\*National Resource Center for Supported Decision Making\*\*](#)

Source

[National Resource Center for Supported Decision Making](#)

Books & Guides

## **Finding a Good Fit: Tips on Hiring Rural Personal Assistants**

Learn how to find and hire a personal assistant that can meet your needs.

Source

[UM Rural Institute on Inclusive Communities](#)

Article

## **Supporting Daily and Major Life Decisions**

The Arc's Center for Future Planning has created free decision-making resources for people with intellectual and developmental disabilities (IDD).

Source

[The Arc of the United States](#)

Links

## **Center for Transition to Adult Health Care for Youth with Disabilities**

The Center for Transition to Adult Health Care for Youth with Disabilities is a national health care transition resource center.

Source

[Center for Transition to Adult Health Care for Youth with Disabilities](#)

Videos

## **S.T.A.Y. Tuned: Supporting Transition-Age Youth Podcast**

S.T.A.Y. Tuned: Supporting Transition-Age Youth Podcast is a podcast for young adults, made by young adults, with mental health conditions. It's designed with the purpose of sharing useful information our research team has gained through studies of transition-age youth/young adults navigating school or work.

Source

[UMass Chan Medical School: Transitions to Adulthood Center for Research \(Transi...](#)

Links

## **VisionAware - Accessible Devices for Managing Medications with Low or No Vision**

Source

[VisionAware - Accessible Devices for Managing Medications with Low or No Vision](#)

Article

## **Service Animals**

The ADA explains what businesses and state/local governments must do to make sure that they do not discriminate against a member of the public with a disability who uses a service animal.

Source

[U.S. Department of Justice](#)

Links

## **Disability and Health Resources for Facilitating Inclusion and Overcoming Barriers**

Source

[Disability and Health Resources for Facilitating Inclusion and Overcoming Barriers](#)

Article

## **Assistive Devices for People with Hearing, Voice, Speech, or Language Disorders: NIDCD Fact Sheet**

This fact sheet from the National Institute on Deafness and Other Communication Disorders (NIDCD) provides information on assistive devices for people with hearing, voice, speech, or language disorders.

Source

[National Institute on Deafness and Other Communication Disorders](#)

Videos

## [Effective Job Accommodation Products and Services](#)

The Job Accommodation Network (JAN) has Solution Showcase videos that show examples of products and services that can be used as effective job accommodations. Recent topics include “Compact Material Handling,” “Video Remote Interpreting and Video Relay Services,” “Simulated Skylights,” “Supine Workstations,” “Dual Channel Headsets” and “Timers.

Source

[Job Accommodation Network \(JAN\)](#)

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