

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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Article

[**Job Accommodation Network \(JAN\) Situations and Solutions Finder**](#)

The Situations and Solutions Finder draws on information collected from JAN customers who choose to provide feedback about workplace accommodations.

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) to help them with daily and major life decisions. This can include decisions about buying things they need, managing a budget, and talking with doctors about their health care.

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](#)

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