












EXPLORING LIFE POSSIBILITIES | DEVELOPMENTAL DISABILITY SPECIFIC

There are many possibilities for people to create the life that reflects their own interests, strengths and preferences. This tool gives examples of different options and supports for a person with a disability. The top row is organized by Life Domains, the middle row highlights Current and New Possibilities happening around the country and the bottom row lists Traditional Possibilities that have existed for many years or might not be offered anymore.

This resource is designed to help you learn about existing possibilities or create new ones as you navigate and plan your good life.

	 Daily Life & Employment	 Community Living	 Healthy Living	 Safety & Security	 Social & Spirituality	 Advocacy & Engagement	 Supports to Families	 Integrated Supports
Innovative Life Options  Traditional Life Options	New ideas; things that someone has tried, and you replicate or adapt for your own needs; things that haven't been thought of yet or tried.							
	<ul style="list-style-type: none"> • Micro-enterprises • Careers • Competitive employment • College or tech school • Supported employment • Job coaches • Volunteering • Inclusive college programs • Online classes or training 	<ul style="list-style-type: none"> • Co-ops • Adapted living space • Environmental technology • Shared living/ host family • Companion living • Public transportation • Home ownership • Independent Living Center 	<ul style="list-style-type: none"> • Gym membership • Community Health Centers • Health fairs • Family practice providers • In-home or community based therapies • Family member or school staff implements therapy • Tele-Medicine • Personal fitness devices or apps 	<ul style="list-style-type: none"> • Supported decision making • Limited/ joint bank account, automatic bill pay, personal contract, agency agreement • Personal contract/agency agreement • Personal safety devices • Remote monitoring • Special Needs Trust • Abuse/neglect hotlines 	<ul style="list-style-type: none"> • Friendships • Dating/ relationships • Parks and Recreation • Inclusive faith community • Service/social club/groups • Special Olympics • Line passes • Social groups • Video chat or calls 	<ul style="list-style-type: none"> • Voting • Neighborhood group or organization • Self-Determination • Visiting your legislator • Self-Advocacy groups • Advocacy training • Legislative advocacy events 	<ul style="list-style-type: none"> • Social Media • Technology • Blogs • Family & friends • Parent-to-parent/Peer Support • Face-to-face support groups • Online Support Groups • Sib-shops • Sibling networks 	<ul style="list-style-type: none"> • Exchange networks • Time banks • Human service co-ops • General education • Self-Directed Supports • \$\$ follows the person • Technology/ Doorbell or home security camera • Able Accounts
	<ul style="list-style-type: none"> • Sheltered workshops • Day habilitation • Work Crews or Enclaves 	<ul style="list-style-type: none"> • Institutions • Intermediate Care Facility (ICF) • Group Homes • Independent Supported Living (ISL) 	<ul style="list-style-type: none"> • Center-based therapies (PT,OT, Speech, etc) • Specialized or institutional medical care 	<ul style="list-style-type: none"> • Full or limited-guardianship • 24 hour paid staff and supervision 	<ul style="list-style-type: none"> • Separate or special church service • Special group outings & activities 	<ul style="list-style-type: none"> • Paid advocate or having someone else advocate on your behalf 	<ul style="list-style-type: none"> • Institution or center based support group • Intensive all-day parent training • Disability specific groups 	<ul style="list-style-type: none"> • Systems supports only • Provider and agency staff

