



## **Consumer-Directed Toolkit**

The Consumer-Directed Toolkit contains a variety of resource materials to assist consumers direct and manage their own supports. The toolkit is divided into 5 individual sections by topic. For example, if a consumer is interested in the area of service planning, Section 5 may be helpful. If learning more about individual rights and exercising those rights is important, Sections 2 and 3 may be helpful.

Most of the materials in the toolkit can be printed in PDF format. Materials contained in Sections 2, 3 and 4 may be reproduced and distributed but they **must not** be edited in any way.

The toolkit includes four videos:

- A Little History Worth Knowing
- I Belong Out There
- This Is Your Right Part 1
- This Is Your Right Part 2

The four videos, accompanying materials in section 1, materials in section 3, person-centered planning workbooks in section 5 and additional information can be obtained from counties, disability organizations, health plans and tribes.

Please note, the intention of the toolkit is to serve as a resource for consumer-directed supports and is separate from Consumer-Directed Community Supports (CDCS).

**[Section 1: History and Background](#)** begins with a complete outline of the Disability Service Division's Consumer-Directed Service Initiative.

**[Section 2: Self-Advocacy Skills Guide](#)** provides a complete guide in understanding what self-advocacy is, the rights a person with a disability has and provides examples of how a person advocates on their own behalf.

**[Section 3: Disability Rights](#)** provides a brief overview of the Americans with Disabilities Act and Websites on self-advocacy along with selected bibliographies.

**[Section 4: Facts and Resources](#)** includes a variety of resources (fact sheets that describe programs for persons with disabilities, the Alternative Care and Elderly Waiver programs, Website resources and a list of county agencies that provide CDCS as of 10/01/04

**[Section 5: Person-Centered Planning](#)** contains Dr. Beth Mount's person-centered planning materials:

- Life Building
- Life Building Worksheet Packet
- Personal Workbook