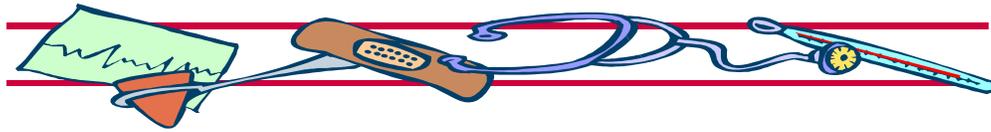


My Health - My Decision



A General Overview

It is likely we can all agree that services for people with developmental disabilities are most effective when offered in partnership with, rather than provided to, the individual. This includes healthcare services too.

In fact, the Developmental Disabilities Administration requires that Individual Plans include the person's ability to advocate for him/herself in regard to healthcare services, as well as the level of assistance that may be needed for medical care issues, and the responsibilities of a healthcare advocate should the individual need such support.

“My Health – My Decision” is a component of a larger education initiative regarding medical informed consent and decision-making. The curriculum itself was developed by a team of people with disabilities and experts in supporting them. They created an exceptional program, with several key factors:

- ✓ Specifically targets the individuals we support to introduce skills needed to become more meaningfully involved in their healthcare decisions
- ✓ Always co-presented by people with disabilities and supporting staff/volunteers
- ✓ Co-Trainers are paid for their time and effort
- ✓ Participants receive certificates upon completion of the training
- ✓ Support staff and family members are made aware of content prior to training

For greatest benefit, it is suggested the agency develop a training team and conduct this training annually. Members of the curriculum development and pilot training team may be available to assist agencies to conduct the first sessions if their support is needed. The complete training program, available on compact disc, contains:

- Participant Workbook
- Agency Guide for Conducting Training and Supporting Trainers
- Materials for Trainee Participation Exercises
- Handout: Tips for Staff and Families
- Certificate of Participation Template

For more information about this training program, or to acquire the program materials, please contact your DDA Regional Office Training Coordinator.