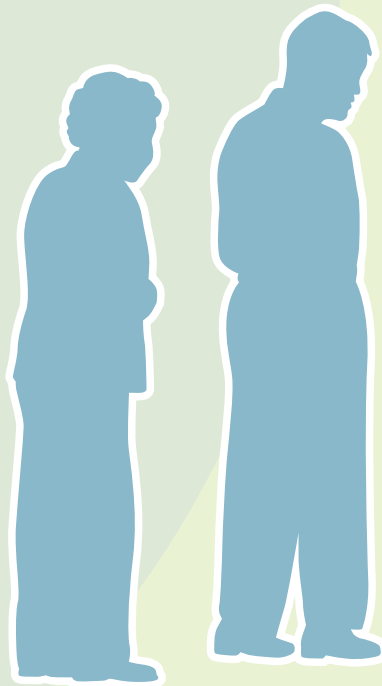


It's your plan and your choice!

You are in charge. You plan your services and supports. You can choose to have a legal representative, family member or friend help you. You build your support plan that includes your services based on your goals, what is important to you, and your assessed needs.

You will decide which of the qualifying services will help you live a healthy, safe and productive life.



Resources to help you decide about services

To contact the **community developmental disabilities program (CDDP)** in your area, go to <https://www.oregon.gov/odhs/idd/Pages/cddp.aspx> or call 503-945-5811.

To contact a local **support services brokerage** to learn more about the options available to you, go to www.mybrokeragemychoice.org or call 503-945-5811.

For more information about Oregon's intellectual or developmental disabilities services, "Like" us on Facebook at "Oregon Developmental Disabilities."

For detailed information about developmental disabilities services, visit <https://www.oregon.gov/odhs/idd/Pages/default.aspx>.

To connect with the family network closest to you, contact the Oregon Consortium of Family Networks at <https://ocdd.org/families-supporting-families/>.

To locate your to locate your county's developmental disabilities office, go to <https://www.oregon.gov/odhs/idd/Pages/cddp.aspx>.



Office of Developmental Disabilities Services (ODDS)

500 Summer Street NE E02
Salem Oregon 97301

Telephone: 503-945-5811
TTY: 1-800-282-8096



Like us on Facebook:

<https://www.facebook.com/oregonDHS.IDD/>

Contact your local CDDP for more information.

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact Office of Developmental Disabilities Services at DD.DirectorsOffice@odhsoha.oregon.gov or 503-945-5811 (voice/text). We accept all relay calls.

Choosing Developmental Disabilities Services for Children and Adults



The developmental disabilities services you may receive depend on an assessment of need. Here you will learn about available services and who can provide them.

If you or your child is found eligible for developmental disabilities services, you can expect that:

- **We will get to know you.** We will contact you soon after you receive your eligibility notification to learn about you and share information about services in your area.
- **You will help us understand your support needs** by answering questions about your needs.
- **You will be able to talk about your goals and support needs.** We will also discuss where you want to live, work and get services.
- **You can visit people who provide these services.** You can choose who will help you meet your goals.
- **You will learn about services to help you meet your needs and goals.**

What services are available for children?

A services coordinator will get your input and write a plan to meet your child's assessed needs. The plan will also include who is responsible to help with those needs, how often and how much they will help, and how each assessed support need will be funded. The services coordinator may contact you monthly to make sure the plan is working or how it can be improved.

Services that may be available to your child following the assessment include:

- Relief care for family caregivers;
- Training to help you meet your child's needs;
- Help with everyday activities like preparing meals, bathing or feeding your child;
- Change to make your home more accessible for your child;
- Help with behavior challenges; and
- Some technological supports.

These services do not replace a family's regular household responsibilities.

Family-to-family networks may also be available in your local area. You can meet with other families and learn about local resources.

Remember, this is your plan ...

"Nothing about me, without me"

What services are available to adults?

Based on your needs and goals, here are some services that may be available to you:

- **Support with everyday activities** like bathing, dressing, shopping, making meals, managing your money, and help with behavior and communication challenges.
- **Supports in your community.** Everyone benefits when you are active in your community. We may provide supports to help you.
- **Employment supports.** We believe that everyone who wants to work should have support to try to find employment. Supports help you meet your employment goals.

You may receive services in your own home, your family home, a group home or foster home.

More information about services

If you live in your own or your family's home, you may be able to choose who will provide your case management services, including:

- A personal agent at a support services brokerage; or
- A services coordinator at a community developmental disabilities program (CDDP).

If you require 24-hour support outside of your own home, a CDDP services coordinator will provide your case management services.

If you live in your own or your family's home, you may be able to get help to make your home more accessible and to keep it clean and safe.

A person at the CDDP will meet with you to discuss I/DD services. Ask this person to tell you about all of the people and agencies, including support services brokerages, that can best help meet your needs. If you need help contacting a brokerage, ask the CDDP.