Michigan Alliance for Families

Session 3: Decision-Making and Problem-Solving

Components of Self-Determination

Resources

Self-Determination

- [I'm Determined Website](#)
- I'm Determined: [Toolbox for Self-Determination](#)
- I'm Determined and ARC-Updated Toolkits with Easy-to-Follow Tools & Resources
  - The ARC@School Student Toolkit: [English Version](#) and [Estudiantes](#) (Spanish Version)
  - The ARC@School Parent Toolkit: [English Version](#) and [Los Padres](#) (Spanish Version)
- [Michigan Alliance for Families](#)

Decision-Making

- Busy Teacher: [7 Wonderful Ways to Increase Student Decision-Making and Participation](#) (most strategies can be adapted at home too!)
- Michigan Developmental Disabilities Council (DDC), [Supported Decision Making Toolkit](#)
  - [MI DDC Transition Years, Supported Decision Making, Resources by Life Stage](#)
- Special Needs Magazine: [Decision Making Skills for Young Adults](#)
- Teach Love Autism: [3 Ways to Help with Decision Making for Children](#)
- TN Council on Developmental Decision-Making-Parenting Special Needs: [Supported Decision Making with Will McMillan](#)

Problem-Solving
- Big Life Journal: [How to Teach Problem-Solving Skills](#)
- May Institute: [Helping Adults with Intellectual Disabilities Develop Problem-Solving Skills](#)
- Skills to Pay the Bills: [Critical Thinking and Problem Solving (Video)](#)

Note: some resources listed are related to specific disabilities, but the supports are considered "universal", and applicable to students of all abilities.