

Resource List for Self Advocacy and Self Determination

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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St. Louis, MO 63131

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Aunt Katie's Visit. Katie Rodriguez Banister. (2003)

Katie Rodriguez Bannister survived a car accident in 1990. She began speaking to high school students about her life, and wrote this book about being a 'woman on wheels' This book is designed to help parents discuss a specific disability. Teachers can use it as a source of discussion about disability awareness

Autism & You: Learning in Styles. Diana Friedlander & Karen Burke. (2017)

This book will give you information about your learning style and your type of autism so you can make a plan for success.

Citizen Autistic: I am not a Puzzle, I am a Person (68 minutes) (DVD)

Offers an inside look at the activists on the frontlines of the autism war the fight for human rights and self-advocacy.

Dear Diana: Diana's Guide to Independent Living for Adolescents and Young Adults with Different Learning Styles and Special Needs. Diana Bilezikian. (2014)

This practical resource is an outgrowth of a series of emails she sent to relatives and friends about her life and the skills she was learning. Backed by the president of Chapel Haven, Diana's original ideas have been expanded into a helpful collection of advice and support for how to live an independent and meaningful life.

Disability is Natural. Kathy Snow (DVD) (2007) (7 minutes)

Explores new ways of thinking about people with disabilities. When we think differently, we'll act differently: we can focus on ensuring children and adults with disabilities live natural lives as citizens in their communities, instead of clients in the service system.

Disability is Natural: Revolutionary Common Sense for Raising Successful Children with Disabilities. Kathie Snow. (2001)

Disability, like gender, ethnicity and age- are simply one characteristic of being human. There have been people with disabilities in the world, and there will always be. When we recognize that disability is a natural condition of the human experience, new attitudes will lead us to new actions!

Disabled, Female and Proud! Stories of Ten Women with Disabilities. Harilyn Russo, et al (1988)

Offers young women with disabilities empowering role models and the powerful message that they do not have to be or become any one thing because they are disabled and female. Gives parents and educators a unique way to help young people learn that making choices is what being disabled, female and proud is all about.

Do It Yourself Social Security Disability Benefits: Dr. Amberly Ruck. (2015)

In this guide, Dr. Ruck extends 12 KEYS to social security disability benefits to help you through the steps of the social security disability process including initial application, reconsideration, hearing, and appeal.

Empowering Students with Hidden Disabilities: A Path to Pride and Success. Margo Vreeburg Izzo & LeDerick Horne (2016)

Told with the authentic voices of adults with hidden disabilities, this encouraging, eye-opening book will help you guide students on the Path to Disability Pride and support their success in the classroom and community

Front of the Class. (DVD) (2009) (98 minutes)

Hallmark Hall of Fame film about the life story of Brad Cohen, a man with Tourette Syndrome who overcomes incredible obstacles to become a gifted teacher.

Front of the Class: How Tourette Syndrome Made Me the Teacher I Never Had. Brad Cohen & Lisa Wysocky.

Story of Brad Cohen and his personal challenges and unwavering determination. Includes motivational tips on living with a disability.

Full Life Ahead: A Workbook and Guide to Adult Life for Students and Families of Students with Disabilities. Judy Barclay & Jan Cobb (2006)

Workbook to help plan for the future for students with disabilities.

I to I: Self Concept and People with Developmental Disabilities. Dave Hingsburger (1990)

Dave Hingsburger, therapist, author and friend to people with developmental disabilities, writes an engaging and philosophical manual of how to work respectfully and successfully with individuals who have intellectual disabilities.

It's My Choice. William T Allen, PhD. (2002)

Transition workbook for people with disabilities or those who advocate for them.

Just Because I Can't Talk, Doesn't Mean I Don't Have Anything to Say. Holly Fiscus Forlenza. (2013)

The pages of this book feature words written by Holly. For almost twenty-two years, this beautiful, curious and silent woman had wisdom trapped in her body. For anyone who has ever felt silenced, oppressed, abandoned, scared and invisible, this book will bring you strength and encouragement

A Little Book about Person Centered Planning. John & Connie O'Brien (1998)

Book goes in depth about the process of person centered planning.

Lives Worth Living: The Great Fight for Disability Rights. (DVD) (2011) (54 minutes)

Traces the development of consciousness of disability rights pioneers who realized that in order to change the world they needed to work together to secure equal civil rights for all people with disabilities.

Making a Difference: A Guidebook for Person-Centered Direct Support. John O'Brien & Beth Mount (2005)

Strategies for various support systems for individuals with special needs.

Making Self-employment Work for People with Disabilities. Caryn Griffin & David Hammis (2003)

Offers practical support needed to help individuals with disabilities start and maintain a small business.

Making Futures Happen: A Manual for Facilitators of Personal Futures Planning. Beth Mount. (1994)

Designed for people interested in facilitating a person-centered planning process called Personal Futures Planning.

Max Starkloff and the Fight for Disability Rights. Charles E Claggett. (2014)

Takes readers on an extraordinary odyssey of hope and resilience—from Starkloff's twelve years in a nursing home to his successful family life and career as a nationally prominent human rights leader.

More Than a Job: Securing Satisfying Careers for People With Disabilities. Paul Wehman & John Kregel (1998)

This consumer-driven book provides professionals with step-by-step strategies for helping people with physical and developmental disabilities find meaningful employment.

My Future, My Plan: A Transition Planning Resource for Life After High School for Students with Disabilities and their Families. Dana Sheets & Ed Gold (Book and Video) (2003)

A transition planning resource that encourages early, student-centered transition planning for youth with disabilities.

Navigating College: A Handbook on Self Advocacy Written for Autistic Students from Autistic Adults. The Autistic Self Advocacy Network.

Teens. Guide for college bound students with autism about what to expect from the perspective of adults with autism.

Out of Harm's Way: A Safety Kit for People with Disabilities Who Feel Unsafe and Want to Do Something About it. (1997)

This book is a unique tool to help people look at the places they live, work, study and play. It helps identify what is unsafe in the environment, in services, and in relationships. Written in straight-forward language, the Out of Harm's Way includes questions to help people think about their safety, and makes suggestions for way to go about changing their surroundings to a safer one.

Out of My Mind. Sharon M Draper. (2011)

Ages 10 and up. Melody cannot walk or talk, but she has a photographic memory; she can remember every detail of everything she has ever experienced. She is smarter than most of the adults who try to diagnose her and smarter than her classmates in her integrated classroom—the very same classmates who dismiss her as mentally challenged, because she cannot tell them otherwise. But Melody refuses to be defined by cerebral palsy. And she's determined to let everyone know it...somehow. (320 pages)

Person-Centered Planning Made Easy: The Picture Method. Steve Holburn et al (2007)

Improve people's quality of life through Planning for, Inclusive, Communities, Together, Using, Reinforcement and Evaluation.

Person Centered Planning: Research, Practice and Future Directions. Steve Holburn (2002)

Text examines the innovative concept of person-centered planning and how all members of the service team can help the person realize life-improving possibilities.

Person Centered Planning with MAPS and PATH. John O'Brien & Jack Pearpoint (1993)

This new book was developed over time as a collection of handouts for our three-day course teaching MAPS and PATH.

A Practical Guide for Teaching Self-Determination. Sharon Field, et al (1998)

This guide examines the relationships among career development, transition, and self-determination for students with disabilities.

Read My Lips — It's My Choice. William T. Allen (1989)

Information is written so that people with developmental disabilities can read it and use it or so that people who advocate for them can explain it to them more fully. The activities and checklists in the guide can be used in a variety of ways to meet the planning needs of all individuals.

Self Advocacy Skills for Students with Learning Disabilities: Making it Happen in College and Beyond. Henry B. Reiff (2007)

Teenagers and Parents. Filled with strategies, and resources to promote self-advocacy. (215 pages)

Self-Determination Across the Life Span: Independence and Choice for People with Disabilities. Deanna J Sands & Michael L Wehmeyer (1996)

This book recognizes that self-determination is one of the building blocks of independence for people with disabilities and explores the theoretical, developmental, and practical aspects of decision-making.

Self-Determination: Instructional and Assessment Strategies. Michael Wehmeyer & Sharon Field. (2007)

Presents research-proven instructional techniques that empower students with disabilities to become their own advocates and use effective choice-making, problem-solving, and goal-setting skills.

Self-Directing Supports in Missouri. UMKC Institute for Human Development (DVD) (2007) (16.5 minutes)

Helps families gain an overall understanding of how to self-direct services in Missouri.

Teaching Self-Determination to Students with Disabilities: Basic Skills for Successful Transition. Michael Wehmeyer, et al (1998)

This book describes instructional methods for teaching basic self-determination skills to students with disabilities.

We Can Shine: From Institutions to Independence. Adrian Esposito (DVD) (2010)

In his search to understand his own disability, Asperger's Syndrome, the filmmaker explores what it would have been like for him had he been born in 1944. This documentary is about the state of institutions for the developmentally disabled in New York State

Wonder. R J Palacio. (2012)

Ages 8 and up. August Pullman was born with a facial deformity that, up until now, has prevented him from going to a mainstream school. Starting 5th grade at Beecher Prep, he wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past Auggie's extraordinary face.

Wretches & Jabberers. (2010) (DVD) (94 minutes)

Two men with autism embark on a global quest to change prevailing attitudes about disability and intelligence.