

# Resources for Individuals with Intellectual and Other Developmental Disabilities and Their Families

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The following is a list of resources available to individuals with intellectual and other developmental disabilities and their family members, advocates, and health providers. The organizations listed below offer services that range from providing direct services to individuals in North Carolina to advocating on national, state, and local policy issues. Information presented here was obtained from each organization's website.

This list is not exhaustive and is meant to provide examples of the types of resources available statewide. More information on additional membership and provider organizations is available at <http://www.nc-council.org/members> and <http://www.ncproviderscouncil.org>.

## **Association of Self Advocates of North Carolina**

Established in 2000, the Association of Self Advocates of North Carolina (ASANC) is a nonprofit organization working to promote self-advocacy and self-determination in individuals with developmental disabilities across the state. ASANC is dedicated to enabling, educating, encouraging, and empowering individuals with developmental disabilities to become active members in their communities and in society.

<http://www.asa-nc.org>

## **Autism Society of North Carolina**

Founded in 1970 by parents of children with autism spectrum disorder, the Autism Society of North Carolina (ASNC) advocates for individuals with autism and their families to ensure community support and services are available for everyone within the autism spectrum. ASNC offers support for family members, health care practitioners, educators, other professionals, and individuals through an online bookstore, newsletter, trainings, and resources for vocational, educational, residential, and mental health services.

<http://www.autismsociety-nc.org/index.php>

## **Beyond Academics**

In partnership with the University of North Carolina at Greensboro, Beyond Academics is a four-year post-secondary education program for adults with intellectual and other developmental disabilities. Classes in meal preparation, relationships, and personal safety, among others, are enhanced by peer-to-peer training through a campus and community support program.

<http://www.beyondacademics.org>

## **Center for Development and Learning, Carolina Institute for Developmental Disabilities, University of North Carolina at Chapel Hill**

The Center for Development and Learning (CDL) was established in 1962 to provide a range of clinical services

for children and adults with developmental disabilities and their families. Housed in the Carolina Institute for Developmental Disabilities, the CDL is the state's Center of Excellence in Developmental Disabilities. Every year, the CDL serves more than 1,500 children, adults, and families through clinical evaluation services and provides training to more than 200 trainees, families, and professionals in the community.

<http://www.cdl.unc.edu>

## **Disability Rights North Carolina**

Disabilities Rights North Carolina (DRNC), formerly known as Carolina Legal Assistance, is part of a national system of federally-mandated independent disability agencies. DRNC is the only statewide legal nonprofit disability advocacy organization serving all persons with disabilities.

<http://www.disabilityrightsncc.org>

## **Easter Seals UCP of North Carolina**

Easter Seals UCP of North Carolina was created in 2004 by a merger between Easter Seals North Carolina and UCP (United Cerebral Palsy) of North Carolina. The Easter Seals UCP website provides detailed information on services that include child development, therapy, community inclusion, residential living, supported employment, in-home and community-based supports, respite care, disability benefits counseling, information and referral, and advocacy.

<http://nc.easterseals.com>

## **Exceptional Children's Assistance Center**

The Exceptional Children's Assistance Center (ECAC) provides information, outreach, and support on educational issues to parents and families of children with disabilities. Projects and programs in early childhood development, education, health, and leadership offer parents, educators, and other professionals information about how to best advocate for children with disabilities. More information on the services provided by the ECAC, including a toll-free parent hotline, parent education workshops, and an online lending library, is available on its website.

<http://www.ecac-parentcenter.org>

## **First in Families of North Carolina**

First in Families of North Carolina offers support to individuals with developmental disabilities and their families through the provision of recreational items, home furnishings or modifications, childcare or respite care, and vehicle repairs, among others. Other support includes connecting individuals to vocational, social, and educational opportunities with the goal of full inclusion in the community.

<http://www.firstinfamiliesofnc.org>

### **Life Plan Trust**

Life Plan Trust, a service offered by The Arc of North Carolina, NAMI North Carolina, the Autism Society of North Carolina, and Easter Seals UCP of North Carolina, assists North Carolina families of individuals with developmental disabilities, mental illness, and other disabilities with developing comprehensive plans for future care. More information about the services offered is available under "Commonly Asked Questions" of the Life Plan Trust website.  
[http://www.arcnc.org/services/life\\_plan\\_trust](http://www.arcnc.org/services/life_plan_trust)

### **Local Management Entities**

The North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services (MHDDSAS) oversees Local Management Entities (LMEs), which are agencies of local government responsible for managing, coordinating, facilitating, and monitoring the provision of mental health, developmental disabilities, and substance abuse services in catchment areas across the state. LME responsibilities include offering complete access to services, developing and overseeing providers, and addressing consumer complaints and grievances.  
<http://www.dhhs.state.nc.us/mhddsas/lmedirectory.htm>

### **North Carolina Consumer Advocacy, Networking, and Support Organization**

The North Carolina Consumer Advocacy, Networking, and Support Organization (CANSO) is a self-advocacy organization working to represent and address the needs of individuals with mental illness, developmental and cognitive disabilities, and diseases of addiction.  
<http://www.nc-canso.org>

### **North Carolina Council on Developmental Disabilities**

The North Carolina Council on Developmental Disabilities (NCCDD) is an independent agency within the North Carolina Department of Health and Human Services. As a 34-member, governor-appointed body, 60% of its members are people with developmental disabilities or family members of people with disabilities. NCCDD provides funding for projects and advocates for system changes that promote the full inclusion of all people with developmental disabilities in community life.  
<http://www.nccdd.org>

### **North Carolina Department of Health and Human Services**

The North Carolina Department of Health and Human Services (DHHS) is responsible for ensuring the health, safety, and well-being of all North Carolinians. Among other duties, DHHS provides human service needs for individuals with mental illness and intellectual and developmental disabilities. Several divisions and offices within DHHS share responsibility for providing these services to different subpopulations.  
<http://www.dhhs.state.nc.us>

### **Other divisions and offices in DHHS include:**

#### *Division of Child Development*

<http://ncchildcare.dhhs.state.nc.us/general/home.asp>

#### *Division of Services for the Blind*

<http://www.dhhs.state.nc.us/dsb/index.htm>

#### *Division of Services for the Deaf and Hard of Hearing*

<http://www.dhhs.state.nc.us/dsdhh>

#### *Division of Mental Health, Developmental Disabilities, and Substance Abuse Services*

<http://www.dhhs.state.nc.us/mhddsas/index.htm>

#### *Division of Vocational Rehabilitation*

<http://dvr.dhhs.state.nc.us>

#### *Office of Education Services*

<http://www.ncoes.net>

### **North Carolina Disability Action Network**

The North Carolina Disability Action Network (NCDAN) has been working to empower individuals with disabilities since 2002 and is currently establishing itself as an independent nonprofit organization. As a statewide organization with more than 800 members from nearly 80 counties, NCDAN has developed a sophisticated communication system through its grassroots network. The Network provides comprehensive training, connect individuals with disabilities with policymakers and other advocacy efforts, and collaborate with other local and statewide organizations working in the disability community.  
<http://www.ncdan.org>

### **North Carolina Statewide Independent Living Council**

The Statewide Independent Living Council (NCSILC) describes its mission as "promoting a philosophy of independent living, including a philosophy of consumer control, peer support, self-help, self-determination, equal access, and individual and systems advocacy, in order to maximize opportunities for individuals with disabilities and the integration and full inclusion of individuals with disabilities into the mainstream of society." NCSILC aims to meet its mission by working with the North Carolina Division of Vocational Rehabilitation and the North Carolina Division of Services for the Blind to develop and execute the State Plan for Independent Living (SPIL).  
<http://ncsilc.org>

### **The Arc of North Carolina**

The Arc of North Carolina is a nonprofit organization working with and for people with disabilities. Its Community Supports program provides personal assistance, independent living, and supervised living services, as well as transportation training and assistance and coaching in self-advocacy. The Arc of North Carolina also actively advocates for people with disabilities and their families on the federal, state, and local levels.  
<http://www.arcnc.org>

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