

Year 5 Work Plan

What is the Council's Work Plan?

The Council's goals are described in a plan we develop every 5 years. It is called our "State Plan." Goals describe what the Council wants to see happen. The State Plan also includes the activities the Council will work on to reach our goals.

The Council cannot work on all the activities every year. We have work plans that describe what we will work on each year. The information below is about the fifth year, called "Year 5." This covers October 1, 2025 – September 30, 2026.

Goal 1: The UDDC will support physical and mental health and safety outcomes for people with intellectual and developmental disabilities and their families.



The Council will:

- Train people with disabilities and the people who support them about healthy bodies and relationships.
- Improve education and training so that people with developmental disabilities live healthier lives.
- Help people with developmental disabilities have better access to wellness programs and health services.
- Support people with developmental disabilities to have what they need to live healthier lives.
- Help health and wellness organizations to better support people with developmental disabilities.

When this happens:

- ✓ 50 people with developmental disabilities will participate in training. They will learn about health and wellness resources and skills.
- ✓ At least 20 professionals and family members who support people with developmental disabilities will participate in training about health and wellness resources and skills.
- ✓ Most people (90%) with developmental disabilities who participate in training will increase their advocacy skills.
- ✓ The UDDC will work with at least 2 organizations to support health and wellness for people with developmental disabilities.

Goal 2: The UDDC will support the increase of access and availability of accessible and affordable transportation options through the state of Utah.



The Council will:

- Help people with developmental disabilities and their families become strong advocates and leaders.
- Give 2 Policy and/or legislative recommendations to improve transportation for people with disabilities.
- Help the community understand and support transportation issues that are important to people with developmental disabilities and their families.
- Inform policymakers about transportation-related issues impacting Utahns with disabilities.

When this happens:

- ✓ People with developmental disabilities and their family members will advocate more for themselves and other people.
- ✓ Community leaders will better understand how transportation leads to better access in their neighborhoods.
- ✓ Policymakers and local leaders will know about transportation issues that people with developmental disabilities face.
- ✓ At least 1 community will have better transportation for people with disabilities.

Goal 3: The UDDC will improve Utah public policy through developing self, community, and policy advocacy skills of people with intellectual and developmental disabilities and their families.



The Council will:

- Advocate for better supports for people with intellectual and developmental disabilities and their families.
- Improve policies, programs, and activities that make it possible for people with intellectual and developmental disabilities to have the same opportunities in life that other members of the community have.
- Support a professional network of self-advocate speakers to teach the public about issues important to people with disabilities.
- Provide advocacy skills training for people with intellectual and developmental disabilities and their family members.
- Increase opportunities for people with intellectual and developmental disabilities to serve on coalitions, committees and boards.

When this happens:

- ✓ More policymakers will understand issues that matter to people with intellectual and developmental disabilities.
- ✓ People will be better able to navigate the systems in which they operate.
- ✓ More people with disabilities will have the skills to participate in leadership roles in their community.
- ✓ At least 150 community members will attend a training or participate in activities to gain skills to better support people with I/DD in the community.
- ✓ At least 50 people with developmental disabilities will participate in training to improve advocacy and leadership skills.
- ✓ At least 1 person with a developmental disability will participate on a board or coalition of their choice to affect changes in service systems.



Goal 4: The UDDC will support community access, as well as formal and informal supports, for people with intellectual and developmental disabilities and their families.

The Council will:

- Support practices that improve the adult lives of student ages 12-22 when they leave school.
- Remove barriers to community living so that people with intellectual and developmental disabilities can access the community when, where, and how they choose.

When this happens:

- ✓ More policymakers will understand issues that matter to people with intellectual and developmental disabilities.
- ✓ Students with disabilities and their families will better understand resources and services to support the transition from student life to adult life.
- ✓ At least 2 young adults with developmental disabilities will participate in training to improve advocacy and leadership skills to increase opportunities for community living.
- ✓ At least 1 promising practice (new ways of doing things) will be created or changed to support community living.

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If you have questions:

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