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## Quality of Life

The Delaware Developmental Disabilities Council supports the views and position of The Arc of the United States as our position on quality of life for people with disabilities.

**People with intellectual and/or developmental disabilities must be able to lead the life they choose so they can have a good quality of life that is right for them.**

### Issue

People with intellectual and/or developmental disabilities (I/DD) often do not have the services, supports, and relationships they want and need to lead a good life in the community.

Things may get in the way of them choosing where they live and work, including but not limited to:

- People without disabilities, thoughts and feelings get in the way of them understanding people with disabilities. Laws and rules that does not support people to be independent and in control of their lives.
- Problems with how services are provided.

People with I/DD do not have enough opportunities to participate in and be a part of their communities.

### Position

People with intellectual and/or developmental disabilities must be able to have a good quality of life. A good quality of life means they:

- Can decide how they want to live and who is in their lives. They get help and support the way they want it.
- Choose the services and supports they need. They get these services and support anywhere in the country without waiting for a long time.
- Control the services and supports they receive.
- Have friends and family
- Have opportunities for loving, sexual relationships. All sexual relationships must be based on both people being responsible and choosing how they are sexual together. This includes informed consent, which means both people agree.
- Have opportunities to keep learning throughout their life and develop decision-making skills.
- Work in a job that they choose and like.
- Have the same rights, respect, and privacy as everyone else.
- Are told about all the choices they can make and understand the risks with each choice. They are allowed to take the risks they want based on the choices they make.
- Receive support to live in a way that is healthy and safe.

Policies, rules, and money that pays for services must support these things to happen. In addition, government agencies, private organizations, and individuals providing services and supports must:

- Be responsible and answer to individuals and their families.
- Always work at getting better at how they support people.
- Be recognized when they do important things that improve people's quality of life.
- Be replaced when they do not protect the people they serve or help improve the quality of their lives.
- Have ongoing monitoring that is separate from the monitoring that service providers do.

- Make sure staff are trained to help people have the lives they want and people and their families are happy with their supports and services.

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Information taken from the Joint Statement with the American Association on Intellectual and Developmental Disabilities (AAIDD).

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