Introduction
Having opportunities for choice is an important component of self-determination (Abery & Stancliffe, 2003). People with intellectual and developmental disabilities (IDD) experience unique challenges when exerting choice over their lives. There has been a big shift in where people with IDD live, from institutional to smaller, more individualized settings.

This policy brief explores the changes in living arrangements and opportunities to make choices over time as well as the relationship between the two.

Methodology
This research utilizes data from:
Residential Information Systems Project reports from 1997-2014 and National Core Indicators-Adults Consumer Survey 2007-2015

We looked at two types of choices from the NCI data:

- Support choice scale
- Everyday choice scale

Results

<table>
<thead>
<tr>
<th>Year</th>
<th>Home of a family member</th>
<th>1-4 Person Setting</th>
<th>5-10 Person Setting</th>
<th>1+ Person Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>1977</td>
<td>N/A</td>
<td>20.421</td>
<td>25.248</td>
<td>20.841</td>
</tr>
<tr>
<td>1987</td>
<td>N/A</td>
<td>69.830 (124)</td>
<td>65.627 (128)</td>
<td>137.152 (140)</td>
</tr>
<tr>
<td>1997</td>
<td>206.340**</td>
<td>104.560 (170)</td>
<td>53.014 (260)</td>
<td>93.862 (129)</td>
</tr>
<tr>
<td>2007</td>
<td>532.530**</td>
<td>316.291 (126)</td>
<td>56.920 (199)</td>
<td>62.496 (209)</td>
</tr>
<tr>
<td>2015</td>
<td>696.506 (129)</td>
<td>413.862 (139)</td>
<td>56.627 (49)</td>
<td>45.490 (32)</td>
</tr>
</tbody>
</table>

*Note. Choice means were weighted by age, level of intellectual disability, mobility, behavioral support needs, mental health diagnosis, autism diagnosis, verbal communication ability, visual/hearing impairments, and the proportion of choice items answered without a proxy.

Current Policy Initiatives

The U.S. Administration on Community Living promoted supported decision making by funding the National Resource Center for Supported-Decision Making (Shogren et al., 2017).

The Center for Medicare and Medicaid Services (CMS) passed the Community Rule, ensuring service users have the right to choose where and with whom they live, what they do in their leisure time, and the services and supports they receive (Medicaid Program HCBS, 2014).

Conclusions

This policy brief supports the following conclusions:
- Support-related choice has steadily increased while everyday choice has remained consistent.
- The best predictor of more choice for both types consistently was independent settings.
- Those living with family had more support choice than those in group homes of any size or institutional settings.
- Those living in institutional settings had significantly less support choice compared to other groups.
- There was no significant difference among institutional, group, or family settings for everyday choice.

References


Medicaid Program; State Plan Home and Community-Based Services, 5-Year Period for Waivers, Provider Payment Reassignment, and Home and Community-Based Setting Requirements for Community First Choice and Home and Community-Based Services (HCBS) Waivers, Federal Register § Section 1915(k), Section 1915(c) et seq. (2014).


This publication was funded by National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR).