The Fatal Five refers to the top five disorders linked to preventable deaths of individuals in congregate care settings or in community based residential settings. While the issues can differ in order of frequency depending on the population being represented, the five conditions most likely to result in death or health deterioration for persons with Intellectual and Developmental disabilities are:

1. Bowel Obstruction
2. GERD
3. Aspiration
4. Dehydration
5. Seizures

Fostering Self-Determination Among Children & Youth with Disabilities

Ideas from Parents for Parents...
1. Foster choice making
2. Support decision-making
3. Encourage problem solving
4. Promote goal setting and planning
5. Reinforce self-directed behaviors
6. Foster responsibility
7. Promote Independence
8. Support self-awareness and self-knowledge
9. Encourage self-advocacy and leadership
10. Support communication
11. Encourage participation
12. Foster relationships and social connections
13. Model important skills and behaviors
14. Provide reinforcement and feedback
15. Partner with schools
16. Hold high expectations and positive attitudes
17. Connect with others

For more detailed strategies, please visit http://www.waisman.wisc.edu/naturalsupports/pdfs/FosteringSelfDetermination.pdf

http://dmh.mo.gov/dd/directconnection.html
On April 25, 2015, April & Daniel Dean along with their son, Dantae, held the first annual “Light It Up Blue for Autism Awareness” fundraiser in Kahoka, MO. They kicked off the day with a 5K run. Many activities were provided throughout the day, the activities included; having 3 different bands play, a bake sale, t-shirt sales, and different activities that the children could do, such as, a sensory area, face painting, cake walk, chili cook-off, food truck, and kettle corn stand. The first band that played were high school students, the lead singer shared his diagnosis and journey with autism. Due to the weather, the fundraiser was held inside Blackhawk Elementary School. The fundraiser raised over $3000, it will be donated to Autism Speaks. Dantaes mom, April, hopes to make this an annual event every year to help make people more aware of Autism.