

Self-Determination

What is it?

Self-Determination is having the ability and ambition to make your own choices and manage your own life. It is about being in charge of your own life, but it isn't quite the same as being independent or self-sufficient. Self-Determination requires you effectively identify and solve problems, set goals, follow plans to reach the goals you set and take responsibility. Self-Determination is a skill that must be learned and developed.

Requirements

- Internal desire for growth and independence.
- Ability to set goals, make and follow a plan
- Ability to self-advocate



What that means...



Desire for growth and independence

- You want to make your own decisions
- You understand your disability and how it affects you



Set goals

- Gather options
- Decide what you want
- Know your strengths
- Know and understand barriers

Make a plan

- Use your strengths
- Problem-solve the barriers
- What do you need to achieve your goals?
- Know the supports you need and how to access them
- How long will your plan take?
- Break it into steps

Follow the plan

- Follow the steps
- Assemble support system
 - Family
 - Peer Mentor
 - Teacher



Self-Advocacy



What is it?

Self-Advocacy is standing up for yourself to get what you need and want

What it looks like:

- **Telling someone that something does or doesn't work for you**
- **Asking for help when you need it**

Resources

[KY-SPIN's Self-Advocacy Tips Infographic](#)
or [Video](#)

[Choice Maker Assessment](#)
(by James E. Martin & Laura Huber
Marshall)



[Your Journey to Self-Determination](#)
(by CADRE)

[Transition Guide:
Self-Determination](#)
(by I'm Determined)

[Enhancing Self-Determination for
Transition-Age Students
at Home](#) (by Kansas University
Center on DD)

KY-Special Parent Involvement Network

10301-B Deering Rd. Louisville, KY 40272

Toll Free: 1-800-525-7746 Phone: (502) 937-6894

Fax: (502) 937-6464

E-mail: spininc@kyspin.com Website: www.kyspin.com

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