

Exploring Self-Determination

A Panel Presentation

Hosted by The Arc of Northeast Tarrant County &
the Self-Determination Group
Saturday, March 26, 2015



The Five Principles of Self-Determination

Self-Determination: An individual's right to make choices about their own lives, to have the same rights and responsibilities as everyone else, and to speak and advocate for themselves.

Freedom...

The ability to have the freedom to develop a personal life plan based on your dreams and lifestyle.

“There is only one
success – to be able to
spend your life in your
own way.”

– Christopher Morley

Support...

To organize resources in ways that are life enhancing and meaningful to you. Supports include personnel, both formal and informal, and resources available in your community.

"Independence is not measured by the number of tasks we can do without assistance, but by the **quality of life** we can lead **WITH** assistance."

Americans with Disabilities Act of 1990

Community **NOW!**

<http://www.communitynowfreedom.org>

Authority...

The ability to have authority to control the resources available for your supports.

This includes authority to decide what, who, when, where and how much.

Responsibility...

You have a responsibility to use resources wisely, and to contribute back to your community in meaningful ways through your presence, efforts and your gifts.

Confirmation...

Individuals should play an important leadership role in a newly-designed system.

- Proof of your importance, the role you play in the lives of others.
- When we realize that we matter, our lives take on a whole new meaning and significance.

- Self-determination will look different for every individual.
- Self-determination is an unending destination, with many baby steps in the journey.
- Self-determination begins at birth and, with support and opportunity, can carry your child to lead a more self-determined life as an adult with a disability.

“Behind every child
who believes in
himself is a **parent**
who believed first.”

- Matthew Jacobson

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