

DAILY CHOICES AND DECISION MAKING



CHOICE

- the autonomy of the individual, both in making decisions about everyday issues and in determining the major directions of their life
- broadening experience
- respecting people's decisions
- real choices require experience of different alternatives



ENHANCING SELF-DETERMINATION SKILLS

- knowing yourself
- making choices
- making decisions
- solving problems
- setting goals
- self advocacy



HOW IS SELF-DETERMINATION LEARNED?

- most effectively learned through real-world experience
- involves taking risks
- making mistakes
- testing strengths and limitations
- identifying short and long-term goals
- taking responsibility



THE ROLE OF SUPPORT

- extremely important in the self determination process of the person
- attitudes towards self determination
- daily verbal and non verbal feed back to person
- knowledge and skills in facilitating self determination



THE SERVICE SYSTEM SHIFT:

- from seeing person with intellectual disabilities as having limitations that prevent them from participating fully in life to seeing them as valuable citizens who may have talents, strengths and abilities to contribute to their communities
- from seeing persons as service users to seeing them as individuals with rights
- from providing agency-controlled services to supporting person-directed services
- from systemic and agency control of financial resources to individual control
- from control to empowerment



SELF-DETERMINATION IS NOT:

- "doing it yourself,"
- just the independent performance of behaviors,
- performing specific functions.

SELF-DETERMINATION IS:

- support to enable the person to retain control over the decision-making process and to participate to the greatest extent in the decision-making or problem-solving process.



SELF-DETERMINATION IS NOT:

- absolute control

SELF-DETERMINATION IS:

- influence, direct or manage
- a movement from dependence to interdependence



SELF-DETERMINATION IS NOT:

- always successful behavior or specific outcome

SELF-DETERMINATION IS:

- not every is an optimal decision, nor every goal is the right goal
- people who make things happen in their lives, who are involved in decisions, set goals, address problems, and make choices also experience negative outcomes from those activities



SELF-DETERMINATION IS NOT:

- just skills or just opportunity

SELF-DETERMINATION IS:

- equal parts of skills and opportunity mixed with experience and adequate supports



SELF-DETERMINATION IS NOT:

- model or program set and delivered by service provider

SELF-DETERMINATION IS:

- is process that differs from person to person
- the individual, not service system decides



SELF-DETERMINATION IS NOT:

- just choice

SELF-DETERMINATION IS:

- making choices is only one aspect of being selfdetermined
- involves problem solving, decision making, selfawareness, and goal setting



PROMOTING SELF-DETERMINATION:

Tips for the staff

- treat the person as adult
- speak directly to person
- listen
- identify strengths, interests of the person
- provide choices about clothing, social activities, family events and learning new information
- hold high expectations for person
- involve person in educational, medical, and all other decisions about her/his life
- allow for mistakes and natural consequences



Tips for the staff

- talk about future jobs, hobbies, and family lifestyles
- teach problem solving skills
- accept problems as part of healthy development
- hold meetings to identify problems at home and in the community
- encourage communication and self-advocacy
- provide opportunities for individuality and independence
- provide experiences persons to use their talents
- support person in developing values and goals
- be flexible in supporting persons to reach their goals; some days they may need much motivation and help; other days they may want to try alone



PROVIDING SUPPORT IN DAILY CHOICES AND DECISION MAKING INCLUDE ALL AREAS OF LIFE:

- clothes
- hygiene
- food
- health
- relationships
- education
- working activities
- leisure activities
- pets
- religion etc.

Thank you!
Any questions?

