

# SELF-DETERMINATION



# KEY ISSUES CONCERNING SELF-DETERMINATION

- What is the self- determination?
- The level of self-determination in the institution
- Self-determination in the community



# SELF-DETERMINATION IN GENERAL

- concept reflecting the belief that all individuals have the right to direct their own lives
- people have inborn tendencies to grow and develop psychologically, to strive to master challenges in the environment, and to integrate experience into self-concept
- encompasses concepts of freedom in the political, economic, cultural, and social context in which people live, vote, work, participate in community activities, raise families, socialize, and otherwise relate to each other



## SELF-DETERMINED PERSON IS ONE WHO:

- sets goals
- makes decisions
- sees options
- solves problems
- speaks up for himself or herself
- understands what supports are needed for success
- knows how to evaluate outcomes (Martin & Marshall, 1996).



# IMPORTANCE OF SELF DETERMINATION FOR PEOPLE WITH INTELLECTUAL DISABILITIES

- Self-determination is speaking up for our rights and responsibilities and empowering ourselves to stand up for what we believe in.
- This means being able to choose where we work, live, and our friends; to educate ourselves and others, to work as a team to obtain common goals; and to develop the skills that enable us to fight for our beliefs, to advocate for our needs, and to obtain the level of independence that we desire.

(Self Advocates Becoming Empowered, 1996)



# VALUES SUPPORTED BY SELF-DETERMINATION

- **Respect** - recognizes that persons with disabilities are valuable, capable persons who deserve to be treated with respect
- **Choice** – real choice is being able to pick from the same wide variety of lifestyles, goals, and individual preferences most people enjoy
- **Ownership** - allows him or her control over his or her life and services and also to accept the responsibility for his or her actions and decisions



# VALUES SUPPORTED BY SELF-DETERMINATION

- **Support** - is a keystone to making self-determination work
- **Opportunity** - self-determination expands those opportunities allowing and encouraging individuals to explore the possibilities that are present in their communities



“Self-determination is what life is all about. Without it, you might be alive, but you wouldn’t be living - you would just be existing”

(Michael Kennedy, 1996)





# DEFINITION OF SELF-ADVOCACY

„Self-advocacy means "speak up for yourself".

It is the act of making choices and decisions as well as desire for change in our own lives, with the essential element of the action, which aims to influence the current situation.”

(Williams i Sholz, 1982; Crawley, 1988)



# BELIEFS AND VALUES OF SELF-ADVOCACY

## Being a person above all

- All people are first of all persons and must be treated with dignity and respect.

## Have your own identity

- Each person should be accepted as it is. We are all individuals.



# BELIEFS AND VALUES OF SELF-ADVOCACY

## Make your own decisions

- Every person has the right to make their own decisions and that decision should be respected.
- Everyone has the right to make a mistakes and learn from it.
- We must not speak and make decisions on behalf individuals who require more intensive support and assistance, but help them so other understand and accept choices they made.



# BELIEFS AND VALUES OF SELF-ADVOCACY

- To believe in your own value as a person.
- All people are equally valuable, from birth, and should be treated as such.
- Each person needs help to accept and to love himself.
- Knowing that other people believe in you as a person
- All persons should be respected as an equal part of the community.
- No one should be discriminated because of their disabilities. Everyone should be treated equally and have the ability to choose their own friends in their own community.



Thank you!  
Any questions?

