

Good Life Ambassadors

Self Determination

3/8/18



Molly Dann

- **Childhood**
- **Family**
- **Educational background**
- **Employment**
 - **How did I get here?**
- **Future goals and dreams**



Sean Walker

- **Childhood**
- **Family**
- **Educational background**
- **Employment**
 - **How did I get here?**
- **Future goals and dreams**



Grace Blatt

- **Childhood**
- **Family**
- **Educational background**
- **Employment**
 - **How did I get here?**
- **Future goals and dreams**



Christian Borrero

- **Childhood**
- **Family**
- **Educational background**
- **Employment**
 - **How did I get here?**
- **Future goals and dreams**



William Gallup

- **Childhood**
- **Family**
- **Educational background**
- **Employment**
 - **How did I get here?**
- **Future goals and dreams**



What is Self Determination?

- People are self determined when they use their ability or power to make choices and decisions based on their own preferences and interests to self-direct their own lives.
- The dictionary defines self determination as the process by which a person controls their own life. This is important to everyone, and Ohio is focused on helping individuals with developmental disabilities have that control.

- Molly
- Grace
- Sean
- Christian
- William



Principles of Self Determination

Tom Nerney, Executive Director of the Center for Self-Determination

FIVE PRINCIPLES OF SELF DETERMINATION

1) Authority

- **Freedom to plan own life; freedom to experience life on life's terms**

2) Confirmation

- Support people involved confirm how critical it is to make own decisions and design the support system to get it done

3) Support

- Set up the support they need to pursue the life they want

4) Freedom

- Freedom to choose the support, economic independence with employment opportunities for adequate income

5) Responsibility

- Be responsible for own decisions and consequences of those decisions



Principles of Self Determination

- SEVEN DOMAINS:
 - choice making, decision making, problem solving, goal setting, self-advocacy and leadership, self-management and self-regulation, and self-awareness.



What Self Determination IS NOT

-doing FOR me.
-making decisions FOR me.
-being idle and expecting others to plan FOR me.
-making assumptions that other people know best..... I do have my own goals and preferences in my life.



Who encouraged me....

.....to seek things that were important to me?

- Grace
- Molly
- Sean
- Christian
- William



How did I handle hurdles?

- **We can't always get what we want!**
 - Grace
 - Molly
 - Sean
 - Christian
 - William



MOTIVATION

- **What motivates me to be self determined?**
 - Grace
 - Molly
 - Sean
 - Christian
 - William



ADVICE

- **My advice to you!**

- Grace
- Molly
- Sean
- Christian
- William



Thank you for having us.

Questions?



If you know others in our community who can benefit from our presentations and be inspired to promote inclusion and equal opportunity for all, please have them contact Amy Smith at (216)736-2924 or Smith.Amy@CuyahogaBDD.org. Thank you.

PARENTS/SUPPORT ALLIES of Good Life Ambassadors



Our Journey

- Our journey to self-advocacy
 - Mary Ann Walker (Sean)
 - Scott and Priscilla Dann (Molly)
 - Susan Blatt (Grace)
 - Beth Thompson (Christian)



Drive Self Determination

- How did I support self advocacy and self determination?
 - Mary Ann Walker (Sean)
 - Scott and Priscilla Dann (Molly)
 - Susan Blatt (Grace)
 - Beth Thompson (Christian)



Jumping Hurdles!!!

- Our roadblocks and how we overcame them:
 - Mary Ann Walker (Sean)
 - Scott and Priscilla Dann (Molly)
 - Susan Blatt (Grace)
 - Beth Thompson (Christian)



Words of Encouragement

- Experienced advice to support self-determination
 - Mary Ann Walker (Sean)
 - Scott and Priscilla Dann (Molly)
 - Susan Blatt (Grace)
 - Beth Thompson (Christian)



Thank you for listening.

Questions?