

SELF- DETERMINATION: INTRODUCTION POWERPOINT

AGENDA



1

**IDD Education
Center Overview**

2

**Overview of Self-
Determination**

3

**How to Promote
Self-
Determination**

4

**Choice-Making and
Goal Setting**

IDD Education Center

Mission

To create meaningful, life-changing experiences for people with IDD through innovative research, education and services.

Core Values

1. We inspire positive change.
2. We promote self-determination and self-advocacy.
3. We build relationships of trust.
4. We are dedicated to research and evidence-based practice.
5. We see and value each other's humanity.

Vision

To promote inclusive communities where people with diverse abilities can thrive in all aspects of their lives supported by innovative programming driven by research and collaboration.

Programs:

1. IMPACT: Adult Day Program
2. TAP: Inclusive college certificate program
3. CEES: High school vocational program
4. RAAC: Community resource program



WHAT IS **SELF-DETERMINATION**?

WHAT IS SELF-DETERMINATION?

“An individual acting as the causal agent in their life and making decisions free from external influences.”-Wehmeyer, 1996

Choice-Making

Goal-Setting

Self-Advocacy

Table 16.1 Essential characteristics, component constructs, and component elements of self-determination

<i>Essential Characteristics</i>	<i>Component Constructs</i>	<i>Component Elements</i>
Volitional Action	Autonomy Self-initiation	<ul style="list-style-type: none"> • Choice-making skills • Decision-making skills • Goal-setting skills • Problem-solving skills • Planning skills
Agentic Action	Self-regulation Self-direction Pathways thinking	<ul style="list-style-type: none"> • Self-management skills (self-monitoring, self-evaluation, etc.) • Goal-attainment skills • Problem-solving skills • Self-advocacy skills
Action-Control Beliefs	Psychological empowerment Self-realization Control expectancy Agency beliefs Causality beliefs	<ul style="list-style-type: none"> • Self-awareness • Self-knowledge

COMPETENCY, AUTONOMY, RELATEDNESS (CAR)

Competency

Autonomy

Relatedness

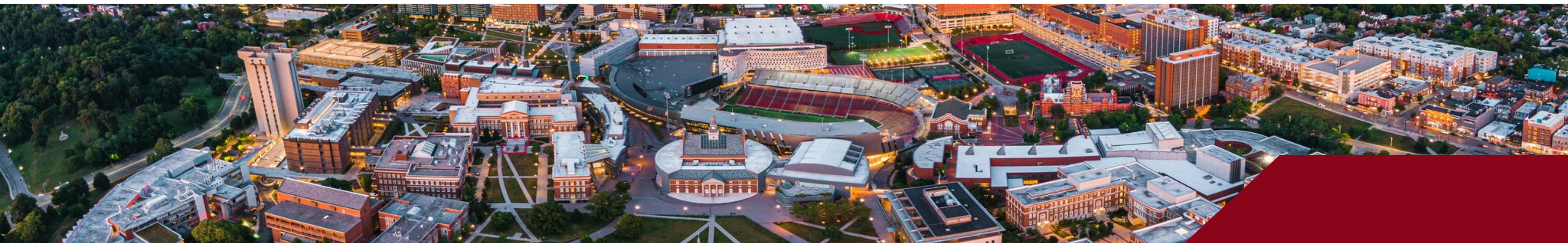
EFFECTS OF SELF-DETERMINATION



Enhanced Resilience

Greater Confidence

Encourages
Independence and
Autonomy





IMPORTANCE OF **SELF-** **DETERMINATION**

SELF-DETERMINATION AIDS IN...

EMOTIONAL CONTROL

GOAL ACHIEVEMENT

CONFLICT RESOLUTION

PERSONAL DEVELOPMENT



IMPLEMENTING SELF- DETERMINATION

PREFERENCES, INTERESTS, NEEDS, AND STRENGTHS (PINS)

Preferences: choices or inclinations toward certain options or conditions over others

Interests: activities, subjects, or areas that capture an individual's attention and curiosity

Needs: essential requirements for survival, well-being, or achieving a specific goal

Strengths: inherent qualities, abilities, or skills that an individual excels at or naturally possesses

CHOICE-MAKING

- Historically, individuals with disabilities have been denied opportunities to make their own choices.
- Self-determined individuals make choices, act on those choices, experience the results, and then make new choices.
- Systematically teaching individuals to make their own informed choices based on PINS.
 - Visual Supports
 - Knowledge surrounding the consequences of their choice



MAKING CHOICES



Choosing ~~≠~~ Choice-Making

Choosing	Choice-Making
<ul style="list-style-type: none">• Extrinsically Motivated• Limited Engagement• Less Personal	<ul style="list-style-type: none">• Intrinsically Motivated• Empowerment and Agency• Reflective Process• PINS Influence

TEACHING CHOICE-MAKING

**1. Autonomy: Encourage
Independent Choice
Thinking/Making**

**3. Relatedness:
Support and Connect**

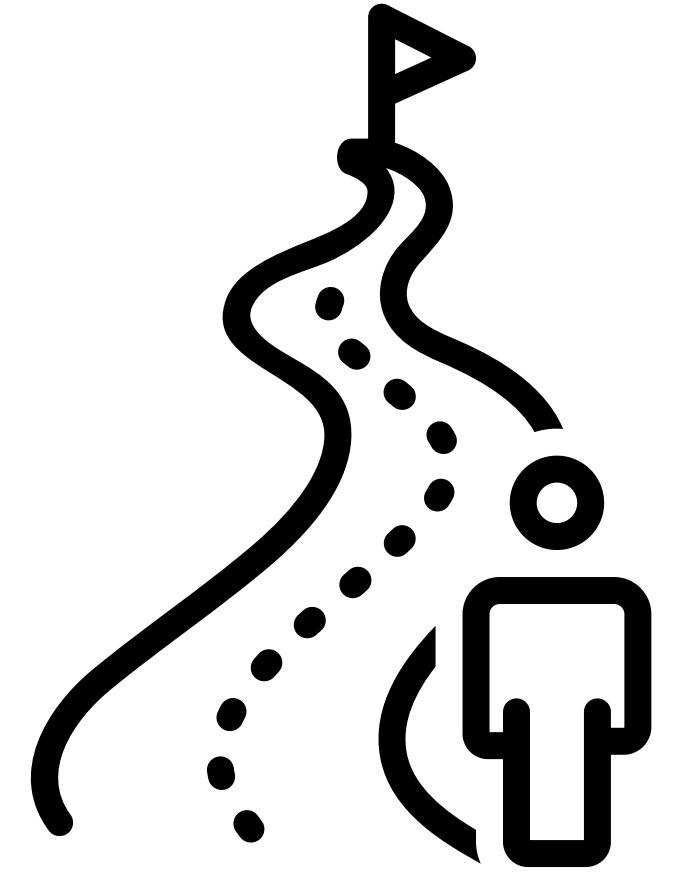


**2. Competence: Honor
Choices and
Help Explain
Consequences**

**4. Reflection: Learn
from Experience**

GOAL SETTING

- Goal setting in self-determination refers to the process by which individuals set and pursue personal objectives that are meaningful to them.
- Self-determined people are those who act in service of a freely chosen goal.
- It involves identifying what they want to achieve, creating a plan to reach those goals, and taking steps to follow through with their plans.



TEACHING GOAL SETTING

1. Identify and Learn PINS

3. Take Action



**2. Set a
Person-Centered
Goal**

4. Adjust and Reflect on Goal or Plan

SELF-DETERMINATION IS A SPECTRUM

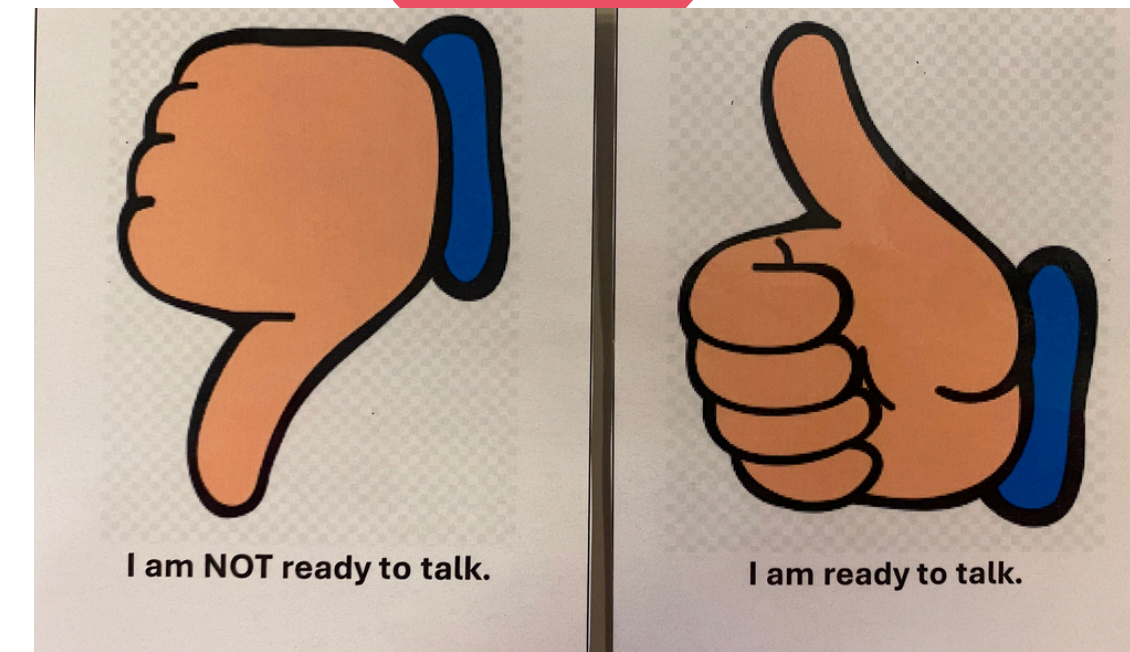
- None of us are fully self-determined!
 - We are all constantly growing and working on our skills.
- There is no “finish line”-We acquire skills along the way to help meet our goals.



VISUAL SUPPORTS AND SELF-MONITORING

- Visual supports encourage independence and decision-making
- Visual supports assist in teaching people new skills which helps build confidence and competence in handling different situations.
- Self-Monitoring:
 - Enhances self-awareness
 - Promotes responsibility and accountability

Self-Monitoring Worksheet			
Activity	How did I do?	How did I feel?	Comments/What will I do differently next time?



SUMMARY

- Self-determination involves goal-setting, choice-making, and self-advocacy.
- All people can build skills relating to self-determination.
- Self-determination allows people to be more independent and to better self-manage. This is done through self-monitoring.
- Self-determination increases people's quality of life and outcomes.



QUESTIONS?



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