Charting the Life Course

Transition to Adulthood: The Self-Determined Life
How to Participate

CHAT
To communicate with the hosts or the other participants, you can type your comments in the CHAT area.

NETWORKS
To share this webinar on Facebook or Twitter, you can click your favorite one and invite people to join in!

QUESTIONS
If at any time you have a question, you can type it in this box and we will answer it when questions are taken.
How to Participate

FULL SCREEN MODE

To enter full screen mode, click on the icon in the corner of the webinar that says “Full Screen.” You can quickly exit Full Screen Mode by hitting the ESCAPE key on your keyboard.
Voice line

• The voice line for today's call is (800) 444-8652 (or 816-235-6400 locally).
• You can dial in with meeting ID: 663373.
Do You Want to Have...

- the ability and opportunity to make choices & decisions?
- the ability and opportunity to exercise control over services, supports, and other assistance?
- the authority to control resources and obtain needed services?
- the opportunity to participate in and contribute to your community?
- the support, including financial, to advocate, develop leadership skills, become trained as a self-advocate, and participate in coalitions and policy-making?
DD Act Self-Determined Actions:
an individual with developmental disabilities, with assistance:

• has the ability and opportunity to make choices & decisions;
• has the ability and opportunity to exercise control over services, supports, and other assistance;
• has the authority to control resources and obtain needed services;
• has the opportunity to participate in and contribute to their communities;
• has the support, including financial, to advocate, develop leadership skills, become trained as a self-advocate, and participate in coalitions and policy-making.
Definition

• We understand self-determination to refer to a characteristic of a person that leads them to make choices and decisions based on their own preferences and interests, to monitor and regulate their own actions, and to be goal-oriented and self-directing.

• Self-determination refers to a characteristic of a person that leads them to make choices and decisions based on their own preferences and interests.

Misperceptions of Self-Determination

- Self-determination is control.
- Self-determination is independent performance.
- Self-determination is just making a choice.
Mediating Variables

Mediator variables signify processes that explain how and why an intervention exerts its effects.

- **Social effectiveness**—one’s ability to use social skill, strategies, and behaviors to access key opportunities.
- **Social capital**—networks of social ties, supports, relationships, and reciprocity that enhance QoL.
- **Social inclusion**—the presence and societal acceptance of people with disabilities within school, work, and community settings.
Post-Secondary Education

**Parent Checklist**
- Help set postsecondary education & career goals.
- Help child learn to advocate for him/herself while in HS.
- Practice how they refer to their disability and identify what supports they need.
- Visit college Disability Services Office (DSO).
- Identify how financial support impacts other benefits (e.g., SSI, SSDI)

**Student Checklist**
- Have a copy of your career goals.
- Be ready to explain how you learn best.
- Know what accommodations work best for you.
- Attend an orientation seminar to get familiar with campus.
- Visit college Disability Services Office.
Welcome to Think College!

Doors to colleges are opening for people with intellectual and other developmental disabilities in many different ways all over the country. This website is designed to share what is currently going on, provide resources and strategies, let you know about training events, and give you ways to talk to others. The information is for transition aged students as well as adults attending or planning for college. It provides resources and tools for students, families, and professionals: click on the tabs above to see what’s here for you.

THINK COLLEGE FEATURES
- Information on Financial Aid
- Listing of Upcoming Training Events

WHAT'S NEW
- Think College is currently adding important new information to our College Search database. Please
Post-Secondary Education

• My experience in college
  – Transitioning from high school to college life
• Accommodations and how to request them
• Disclosure among peers and faculty
Employment

Self-Determined Career Development Model

The person must address the following:

Phase 1: “What is my goal?”
Phase 2: “What is my plan?”
Phase 3: “What have I learned?”
A National Gateway to Self-Determination

funded by the US Department of Health and Human Services, Administration on Developmental Disabilities

This site describes a self-determination model to help people with disabilities make life and career choices. It describes a self-directed process using a three-phase problem-solving strategy in which a facilitator helps a person with disabilities identify and choose goals, develop an implementation plan, and evaluate the results.

Self-Determined Career Development Model

Directory: About | Module 1 | Module 2 | Supports | Site Map

Sponsors:
Employment

• How I got a job
• Ways of searching for employment (ProjectHIRE, Gettinghired.net)
• Accommodations at work
• Disclosure among co-workers and supervisors
Housing

Things I Would Like at Home
- A lot of people / Being by myself
- My own room / Sharing a room
- Gardening & Yard work / Or not
- Having a pet / Or not

Questions to Think About
- How will I pay for my place?
- What supports will I need?
- What do I want to be close to (i.e. transportation, work, recreation)?

Daily Living Skills
- Using money
- Using a bank
- Paying bills
- Using the post office
- Managing time
- Making and keeping appointments
- Shopping for groceries
- Preparing food for myself
- Staying safe
A National Gateway to Self-Determination

It’s My Future!
Planning for What I Want in My Life
A Self-Directed Planning Process

Developed by

Nancy L. Bolding

and

Michael L. Wehmeyer, Ph.D.

with contributions from

Margaret Lawrence, M.Ed.
Housing

- Various living situations (group home, roommate, alone, etc.)
- How to find a place to live
- Accommodations & disclosure through your landlord/home manager
- How I found an apartment (form)
Relationships / Social Life

Types of Relationships
• Family
• Friends
• Boyfriend / Girlfriend
• Roommates
• Neighbors
• Coworkers / Bosses

Things to Consider
• Do I want new friends?
• How often do I want to see friends / family?
• Do I want to date someone?

Serious Relationships
• Handling money / budgeting
• Where to live
• Sharing responsibilities / abilities
• Sexuality
• Religious beliefs & practices
A National Gateway to Self-Determination

funded by the US Department of Health and Human Services, Administration on Developmental Disabilities

Relationships / Social Life

• Not everyone has the same kind of social life
• Making solid friendships takes time
• How to find people that share your interests
• Dating and relationships with others
• Should I disclose?
It’s My Future!
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Resources

National Gateway to Self-Determination - www.aucd.org/ngsd

Missouri Self-Determination Association – www.mo-sda.org

Self-Determined Career Development Model -
dps.missouri.edu/resources/MoreThanAJob/

Think College! - www.thinkcollege.net


Getting Hired - www.gettinghired.net
Questions?

START YOUR WEBCAM

My question is....
Survey

Please take the time to visit our surveymonkey evaluation of this webinar and tell us what you thought!

http://surveymonkey.com/s/transitiontoadulthood
Special Thanks

- National Gateway to Self-Determination
- MODHSS Bureau of Special Healthcare Needs
- Miller County Health Department
- Missouri Developmental Disabilities Council
- DMH Regional Offices and Family Support Coordinators
For more information

Contact the
Missouri Family to Family Resource Center
800-444-0821

http://mofamilyttofamily.org

UMKC-Institute for Human Development

http://www.ihd.umkc.edu