Charting the Life Course

Supporting Families in their role of Fostering Self-Determination in Children

Life Course Framework

Life is a journey.

Our lives are not static, they change every day.

It’s all about vision.

Anything is possible, with the right vision.

Everything is connected.

What you do today affects your life in the future.
I Want to be a Cowgirl

Supporting Families in their role of Fostering Self-Determination in Children

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Objectives for Today

- Explore the meaning of self-determination
- Consider the importance of promoting self-determination
- Review ideas and strategies across the life course

What is Self-Determination

Individual capacity associated with disability rights, related to assuming control and the right to make decisions rather than being acted upon by others.
Self-Determination

- FREEDOM: to choose
- SUPPORT: in ways that are unique to the individual
- RESPONSIBILITY: to contribute to one’s community
- ENRICHES: by focusing on the desires & abilities of the individual
- INVOLVES: the individual in all decisions about him/her (nothing about me without me)
- RESPECTFUL: of the individual

Why is Self-Determination Important?

- Self Determination in High School is related to positive transition outcomes
  - More likely to be employed as adults
  - Earn more per hour
  - More likely to express a preference to live outside the family home
  - More likely to have a savings/checking account
  - Report experiencing a higher quality of life
  - Better socioeconomic status may lead to better health outcomes
Elizabeth

“No I can’t walk, I ride a horse!”

How do young people get it?

- Real world experiences
  - Taking risks, making mistakes, reflecting on outcomes, trying again with a new strategy
- Open supportive acknowledgement and discussion of their disability
  - Understanding how their disability might affect academic learning, relationships, employment, participation in community, & the need for supports
Griffin

“He could be a jockey!”

Don’t assume my intelligence is less because I do not speak. I do not judge you for not listening.

Self-Determination within the Family System

Individual with Disability: achievement of self-determination, interdependence, productivity, integration and inclusion in all facets of community life

*Families: will be supported in ways that maximizes their capacity, strengths and unique abilities so they can best support, nurture, love and facilitate……

*National Definition for “Supporting Families” (2011 Wingspread)
Abby

“The doctors said I would never walk.”

Fostering Self-Determination

Learning to be more self-determined starts early and continues throughout the life course.

- Charted
- Uncharted with Supports
- Parent with Disability
- Family
- Community

Birth------Early Child------School------Transition------Adulthood------Aging
Fostering Self-Determination for Elizabeth

Family Support throughout the Life Course
Supporting the Individual in the Family System

- Promote making choices
- Encourage exploring possibilities
- Promote reasonable risk taking
- Promote advocacy
- Help develop self esteem
- Help set goals and plan
- Help understand the disabilities/special needs
- Encourage problem solving
Shaylee

“These are my kids.”

- Raises:
  - Bunnies
  - Chickens
  - Goats
  - 3 Llamas
  - 2 Horses
  - 1 Calf

How can Parents/Family Help?

- Provide opportunities to make meaningful decisions
- Be open to new possibilities
- Take child/youth’s dreams seriously
- Have high but realistic expectations
Ben

“I want to be a fireman.”

Family Support

- Shift responsibility in whatever areas you can
- Let go of some control and decision making power
- Help locate a self-advocacy group
- View your child as an adult!
Andrew

What can you do if you put your mind to it?

✓ 5K
✓ 10K
☑ Half Marathon

Cindy

“My facial deformity was the greatest gift I have ever been given”

☐ One day I came home from elementary school crying. My mom said: "Cindy, you have to learn to fight your battles for yourself. And your premise should be based on the fact they are not right about you, just ignorant."

☐ It was the best advice to give a young child. My way of fighting was to become the best me.

☐ I felt I was born different to be different. And what a life that mentality has given me!
Calvin

Looks can be deceiving.

Future Vision – Day to Day Nudging
What do you want to be?

Survey

Please take the time to fill out your evaluation of this webinar and tell us what you thought!

survey.monkey.com/s/f2fselldetermination
Special Thanks

- MODHSS Special Health Care Needs
- Missouri Developmental Disabilities Council
- DMH Regional Offices & Family Support Coordinators

For more information

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