

# Information & Resources for Promoting Self-Determination

Being self-determined is important for success in employment and life in general. Numerous resources are available to assist teachers and students with disabilities as they work to build self-determination skills. There is no “best” way or resource, but certain practices, including: 1) supporting students to become involved in leading their own planning meetings, 2) offering choices among available options for classes and extra-curricular activities, and 3) providing opportunities to practice self-determination in natural settings, are recommended.

The Let's Get to Work Library of Self-Determination Resources will help you explain to teams why self-determination is so important in transition and expanding the scope of ways you teach it. Some of the resources are stand-alone, while others can be used with additional items as indicated within the documents. The library of resources can be found at <http://www.letsgettoworkwi.org/index.php/lgtw-project-resources/self-determination-resource-library/>.

## Self-Determination Resource Webpage

### Background Information on Self-Determination:

- **NTLS2 Fact Sheet** – research findings on self-determination for youth with disabilities
- **NCET Research to Practice Brief** – about self-determination and tips for promoting it
- **Whose Life Is It Anyway?** – different perspectives on self-determination for a transitioning youth
- **Opening Doors to Self-Determination** – a guide for teachers, students, and families

### Practice Information and Tips:

- **DCDT Fact Sheet** – goal-setting for youth with disabilities along with a list of additional resources
- **Foundations** – a toolkit about fostering self-determination for educators
- **Lesson Plan Examples** – on various topics that can be used or adapted when working on self-determination
- **Fostering Self-Determination** – a set of activities and lesson plans to build self-determination skills
- **Self-Determination Ideas from Paraprofessionals** – a set of specific ways to promote self-determination compiled from a survey of paraprofessionals in WI along with lists of resources for each

### Resources Geared Toward Students:

- **The Speak-Up Guide** – a resource book students can use on its own or with accompanying materials
- **The 3 R's of Self-Determination** – a student practice guide about rights, responsibilities, and resources for increasing self-determination
- **Leadership Tips for Youth** – a list of ideas for youth interested in gaining self-determination skills through leadership roles

### Resources Geared Toward Parents:

- **Fostering Self-Determination** – A parent-to-parent guide for providing opportunities for children and youth to build self-determination skills along with a list of additional resources for parents and teams



Youth presenting information to the Mayor to promote integrated employment

Youth presenting at a Town Hall meeting with Senator Leibham on why they want to work in the community



## Additional Resources

There is a lot of information available about self-determination on-line. Below are a handful of websites with great information.

- [www.imdetermined.org](http://www.imdetermined.org) – a website with resources for youth, educators and parents focused on helping youth with disabilities take control of their lives.
- [www.wiyouthfirst.org](http://www.wiyouthfirst.org) – a website for youth, about youth; includes information and resources about a variety of transition topics. Look for the companion page on Facebook!
- [www.ncwd-youth.info](http://www.ncwd-youth.info) – innovative strategies, Guideposts for Success, helpful tips all in one location.
- Check out the annual **Self-Determination Conference** held each November at the Kalahari Resort in the Wisconsin Dells. The conference empowers people with disabilities to have more control over their lives. For more information, visit [www.wi-bpdd.org](http://www.wi-bpdd.org).