

## Promoting Self-Determination in Youth with Disabilities: Tips for Families and Professionals

### Promote Choice Making

- Identify strengths, interests, and learning styles;
- Provide choices about clothing, social activities, family events, and methods of learning new information;
- Hold high expectations for youth;
- Teach youth about their disability;
- Involve children and youth in self-determination/self advocacy; opportunities in school, home, and community;
- Prepare children and youth for school meetings;
- Speak directly to children and youth;
- Involve children and youth in educational, medical, and family decisions;
- Allow for mistakes and natural consequences;
- Listen often to children and youth.

### Encourage Exploration of Possibilities

- Promote exploration of the world every day;
- Use personal, tactile, visual, and auditory methods for exploration;
- Identify young adult mentors with similar disabilities;
- Talk about future jobs, hobbies, and family lifestyles;
- Develop personal collages/scrap books based on interests and goals;
- Involve children and youth in service learning (4H, Ameri-Corps, local volunteering).

### Promote Reasonable Risk Taking

- Make choice maps listing risks, benefits, and consequences of choice;
- Build safety nets through family members, friends, schools, and others;
- Develop skills in problem solving;
- Develop skills in evaluating consequences.

### Encourage Problem Solving

- Teach problem solving skills;
- Allow ownership of challenges and problems;
- Accept problems as part of healthy development;
- Hold family meetings to identify problems at home and in the community;
- Hold class meetings to identify problems in school;
- Allow children and youth to develop a list of self-identified consequences.

### Promote Self Advocacy

- Encourage communication and self-representation;
- Praise all efforts of assertiveness and problem solving;
- Develop opportunities at home and in school for self-advocacy;
- Provide opportunities for leadership roles at home and in school;
- Encourage self-advocates to speak in class;
- Teach about appropriate accommodation needs;
- Practice ways to disclose disability and accommodation needs;
- Create opportunities to speak about the disability in school, home, church, business and community.

### Facilitate Development of Self-Esteem

- Create a sense of belonging within schools and communities;
- Provide experiences for children and youth to use their talents;
- Provide opportunities to youth for contributing to their families, schools, and communities;
- Provide opportunities for individuality and independence;
- Identify caring adult mentors at home, school, church, or in the community;
- Model a sense of self-esteem and self-confidence.

### Develop Goal Setting and Planning

- Teach children and youth family values, priorities, and goals;
- Make posters that reflect values and are age-appropriate;
- Define what a goal is and demonstrate the steps to reach a goal;
- Make a road map to mark the short-term identifiers as they work toward a goal;
- Support children and youth in developing values and goals;
- Discuss family history and culture—make a family tree;
- Be flexible in supporting youth to reach their goals; some days they may need much motivation and help; other days they may want to try alone.

### Help Youth Understand Their Disabilities

- Develop a process that is directed by youth for self-identity: Who are you? What do you want? What are your challenges and barriers? What supports do you need?
- Direct children and youth to write an autobiography;
- Talk about the youth's disability;
- Talk about the youth's abilities;
- Involve children and youth in their IEP;
- Use good learning style inventories and transition assessments;
- Identify and utilize support systems for all people.