

Self-Determination & Dignity of Risk

Self-Determination: The Key to Person-Centered Planning

When people are offered the opportunity to self-determine priorities and preferences for their lives, they are motivated to make decisions about housing, vocation, and leisure. Self-determination then becomes a cornerstone for the person-centered planning process and community supported living.

Encouraging Self-Determination:

- Include the individual in the assessment process
- Use language and concepts that the individual understands
- Offer guided choices (2 options) if the individual is having difficulty articulating their priorities
- Refer to the individual's interests and routines as talking points for making choices



We'd like to introduce you to Dakota-

Dakota lives in his own home in rural Western North Carolina. Several years ago, however, he was living in a group residence that did not provide optimal individualized support for his mental health issues. Both he and his mother determined that Dakota should live on his own.

As a part of the team assessment, we asked Dakota what he wanted from his life in the community. He looked at the team and said, "No one has asked me that before."

From that point on, everyone around the table made sure that Dakota's choices guided the planning. By listening to his preferences, the team designed a system of natural supports including people and technology. Dakota even wrote his own prompts for his *SimplyHome* System. As he learned skills, he self-determined when those prompts could be eliminated or when apps on his smart phone would be adequate.

As a result, Dakota was motivated to make other decisions for his life, including starting his own woodworking business. Self-determination has been the key to his success.

Dignity of Risk

The opportunity to succeed and make mistakes, and the invitation to learn and grow from those experiences.