

## Self-Determination Planning Tool: Making My Own Decisions

*For parents, caregivers, and family members*

Today we will ask you to think about the person with a disability for whom you are a parent, caregiver, or family member. Think about the different areas of their life in which they make decisions: (1) *Health Care*, (2) *Money*, and (3) *Personal Life*. Choose one or more of these categories and mark the box that best represents the level of support that they are receiving.

<b>Health Care</b>	Does not receive support in this area	Receives some support in this area	Does not make decisions in this area	I don't know
Decide when to go to their doctor or dentist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare for an emergency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find trustworthy health information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask questions when visiting their doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get the accommodations they need when visiting their doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Money</b>	Does not receive support in this area	Receives some support in this area	Does not make decisions in this area	I don't know
Pay their rent and bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buy their own groceries and household items	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know how much money they can spend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide how to spend their money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide how to save their money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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*My Life, My Decisions: A Supported Decision-Making Summit*

<b>Personal Life</b>	Does not receive support in this area	Receives some support in this area	Does not make decisions in this area	I don't know
Decide where to live and who they live with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide what activities to do in their free time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make decisions about the classes, programs, or jobs that they want to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know what accommodations they need at school and/or work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide who supports them when making decisions about their life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



There are many tools to help you think about your self-determination and decision making. Check out the resource libraries below for more information.

<b>Group Name</b>	<b>Resources/Tools</b>	<b>Description</b>
Zarrow Institute on Transition and Self-Determination at the University of Oklahoma	View a library of self-determination and life skills assessment tools at: <a href="http://www.ou.edu/education/zarrow/resources/assessments">www.ou.edu/education/zarrow/resources/assessments</a>	A variety of self-determination assessment tools to help identify: <ul style="list-style-type: none"> <li>• areas of strength and areas needing support</li> <li>• specific and individualized goals</li> </ul>
American Civil Liberties Union (ACLU)	View ACLU's library of supported decision-making tool at <a href="http://www.aclu.org/documents/supported-decision-making-resource-library">www.aclu.org/documents/supported-decision-making-resource-library</a>	A collection of print and video resources aimed at providing: <ul style="list-style-type: none"> <li>• information around supported decision-making</li> <li>• tools for implementing supported decision-making</li> </ul>

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