

Self-Determination Planning Tool: Making My Own Decisions

For people with disabilities

Today's activity will ask you to think about different areas of your life in which you make decisions. Below is a table divided into three categories: (1) *Health Care*, (2) *Money*, and (3) *Personal Life*. Choose one or more of the categories and mark the box that best represents how you are currently making decisions.

Health Care	I do this on my own	I do this with support	Someone else does this for me	I don't know
Decide when to go to the 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 I see my doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get the accommodations I need when I visit the doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Money	I do this on my own	I do this with support	Someone else does this for me	I don't know
Pay my rent and bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buy my own groceries and household items	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know how much of my money I can spend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide how I spend my money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide how to save my money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This activity was developed for the
My Life, My Decisions: A Supported Decision-Making Summit

Personal Life	I do this on my own	I do this with support	Someone else does this for me	I don't know
Decide where I live and who I live with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide what activities to do in my free time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make decisions about the classes, programs, or jobs that I want to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know what accommodations I need at school and/or work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide who supports me when making decisions about my 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.

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

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