



Developing Self-Determination in Youth with Disabilities



Diane Loomis
I'm Determined
Coordinator
Region 4

Nancy Anderson
I'm Determined
Coordinator
Region 4

Doniella Kissinger
Youth Leader Presenter

Daniel Michael Lee
Youth Leader Presenter



What is Self-Determination?

Acting as the primary causal agent in one's life and making choices and decisions regarding one's quality of life free from undue external influence or interference.

■ Wehmeyer, 1996



Core Components (combination of skills, knowledge & beliefs)

- Choice-making
- Decision-making
- Problem-solving
- Goal-setting & attainment
- Internal focus of control
- Positive attributes of efficacy and outcomes expectancy
- Self-Observation
- Self-Evaluation
- Self-Reinforcement
- Self-Instruction
- Self-Advocacy & Leadership
- Self-Awareness
- Self-Knowledge



Self-determination Outcomes

- **Increased:**
 - graduation rates, post k-12 opportunities
 - adult satisfaction with job and self
 - self advocacy across all environments
- **Decreased:**
 - behavior problems/referrals
 - frustration



Shift in Thinking



- Dependent → Independent
- Enable → Able
- Teacher → Guide
- Lack of self → Self awareness
- Disengaged → Engaged



I'm Determined Project

- Trainings, & Guidance to Parents PRCs/SEACs, Schools through TTACs
- I'm Determined Tools
- Website
- Summits and more...



Three stops along the road



Name: Allie Pinson
Address:
DOB:

My Strengths

- Organized
- Friendly
- Hard worker



Date: 7/12/12

My Interests

- Horseback riding
- Working with people with disabilities

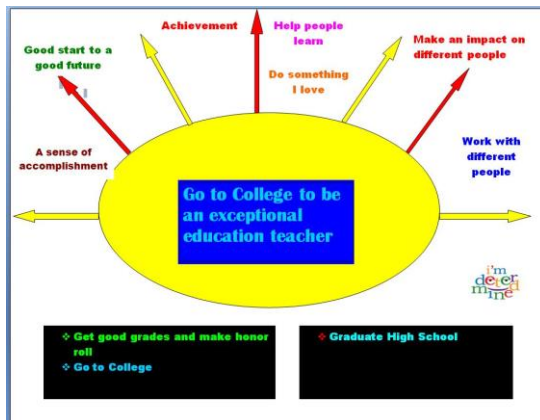
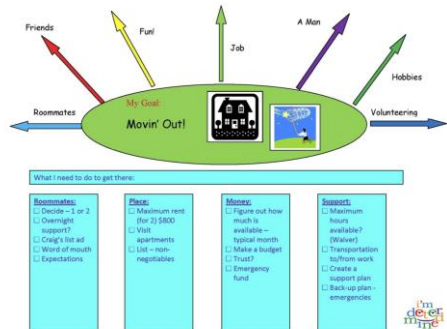


My Preferences

- Visual
- Auditory

My Needs

- Small group
- Read aloud
- Extra time



i'm deter mind

My Good Day Plan

Good Day	Now	Action	Support
What happens on a Good Day?	Does it happen now?	What needs to happen to make it a Good Day?	Who can help me?
✦	✦	✦	✦

i'm deter mind **Student-Led or Participation in their own IEPs**

I can and should be part of my own IEP Meeting!



- K-12
- Accommodations
- Many ways for students to be involved.
- Students can advocate and know their own disability/abilities



Leadership Opportunities

Youth and Parent Summit

June 18-20, 2014
JMU

Getting to the Core of Leadership
-- that will focus on, for the youth, identifying what 1) is success, 2) roadblocks and solutions, 3) out of box possibilities, and 4) social networks of support.

Applications (January 2014)

<http://www.imdetermined.org>

Accepting only 135 applicants.

Age range to 13-21.

Free to Attend!
(room & meals are provided for)



Internship Opportunities

Check online or call your TTAC



Tools to Know and Use Often!

- Website

<http://www.imdetermined.org>

- APPs: Coming Soon ! All Three tools



Contact Us TTAC

- **Nancy Anderson** nanders7@gmu.edu
Clarke, Fairfax, Falls Church, Fauquier, Frederick, Loudoun, Prince William, Shenandoah, Warren, Winchester
- **Diane Loomis** dloomis@gmu.edu
Arlington, Alexandria, Culpeper, Madison, Manassas City, Manassas Park, Orange, Page, Rappahannock



Contact Us

VDOE

Marianne Moore marianne.moore@doe.virginia.gov

Project Director

John McNaught mcnaught@jmu.edu

State Co-Director

Amanda Armstrong arms12ar@jmu.edu

Region 4 Coordinators

GMU: 703-993-4496

Diane Loomis dloomis@gmu.edu

Nancy Anderson nanders7@gmu.edu

<http://www.imdetermined.org/contact/>