

IT'S MY CHOICE

Workbook on the self-determination
for people with special support needs



SERVICE FOUNDATION
FOR PEOPLE WITH
AN INTELLECTUAL DISABILITY

FOR THE READER

We all have the right of self-determination, which means different things to everyone. For one person, the right of self-determination means living independently in their own home, while for another it could mean eating by themselves using their own spoon. Even though you need help and support, you still have the right to make choices and decisions in your life. Nevertheless, it is important to take time to think about the various things related to the right of self-determination, and it would be good to you have a person you trust, who could help you as you consider these things.

This workbook provides information on what the right of self-determination means. It also includes exercises that help you consider what the self-determination means for you. You can choose the exercises that are the most suitable for you and complete them in your own way.

“In my life, I want to be the driver who decides the destination and the speed instead of a horse in front of the cart running where I am told to go.”

Lari Fills
Expert by experience

Translated and modified



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WORDS

RIGHTS

Rights are permissions and opportunities given to people.

HUMAN RIGHTS

Human rights are specific universal rights that belong to all people.

RIGHT OF SELF-DETERMINATION

The right of self-determination means that you have the right to choices and decisions in your own life.

INCLUSION

Inclusion means that you have the opportunity to do the same things as all other people. It also means that you are equal to others and are allowed to share your opinions and have influence regarding matters that concern you as well as common issues if you want.

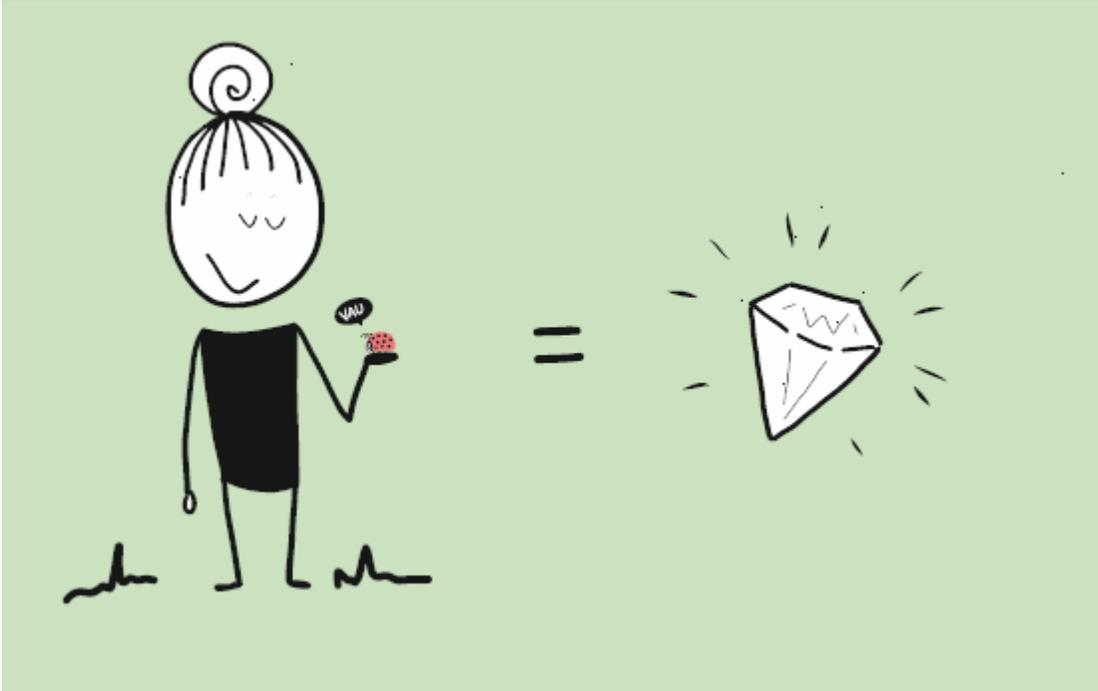
RISK

Risk is something that can cause harm to you or someone else.



MY LIFE





Each person is equally
valuable, and everyone
has the same rights

You have the same innate worth as other people.

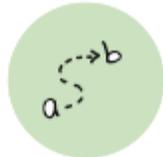
You also have the same human rights and basic freedoms as other people. Even though you need

support or help, you still have the right to

participate actively and equally in society.

UN Convention on the Rights of Persons with Disabilities

We have the right to be heard and the right to address what is wrong. We have the right to receive information on our rights.



We have the right to an accessible environment and services.



We have the right to receive support for communication.



How are your rights fulfilled in your life?



We have the right to the friendships we choose, relationships, and family.



WE HAVE THE RIGHT...



We have the right to our own home and the right to choose our form of housing and the people we live with.



We have the right to feel safe and to be treated equally.



We have the right to life and all the support measures that are necessary for safeguarding our equality. We have the right to full and active participation in society.



We have the right to education, work, and equal treatment in education and working life.



We have the right to live in local communities. We have the right to have influence in our own local community and to receive the support we need to do that.



We have the right to make decisions that concern our own life.



Simon Duffy
(Keys to Citizenship)

Citizenship means that you are appreciated as the person you are. Citizenship also means that you are equal to others and have the same value as all other people.

As a full member of society, you can live a good life in your own way among other people. As the above drawing shows, citizenship consists of various elements. The next page explains in further detail what the items mentioned in the chart mean.



LOVE

You know yourself and consider yourself important. You have the right to intimacy and love.

You have people in your life who are close to you, a family and friends.

People who love you as the person you are and respect you.



FREEDOM

You have the option to make decisions regarding your life and the opportunity to share your opinion.

You receive information on matters that concern your life.

You are listened to, and your decisions are respected. You are supported in making decisions.



MONEY

You have enough money to cope in your daily life.

You have the opportunity to work and you receive a salary for working.

You can use your own money, but you also have access to help if you need it.

You also have savings for a rainy day.



HOME

Your home is a safe and important place for you. At home, you can relax and do things that are important to you.

You can invite people who are important to for a visit.

You have the right to set the rules in your home and no one can take your home from you.



SUPPORT

You have access to the forms of help and support you want and need.

Good support allows you to learn new things and use your personal skills.

The people who support you should consider you important and respect both you and your thoughts.



PURPOSE

You know what you are good at and what strengths you have and are able to use your skills in your life.

You have the opportunity to learn new things and are surrounded by people who believe in you.

You also have dreams and live the life you want.



LIFE

You are an active participant in your community or environment in your chosen manner.

You can use your skills to help others.

You have places where you can be yourself and get acquainted with new people. You feel like you belong somewhere.



LOVE

Do you consider yourself important? What do the people close to you mean to you? Can you socialize / be friends with the people you want? In your opinion, do you have close friends or other people close to you?



FREEDOM

Can you make decisions on matters that concern you? Do you receive help for making decisions? Do you know your responsibilities and obligations? What does the right of self-determination mean to you?



MONEY

Are you able to work in a job that you like? Do you receive a salary for your work? Are you able to study? Can you use your own money for things that are important to you?





HOME

What does home mean to you? What things in your home are important to you? Are you able to live in your own home like you want and are accustomed to do?

Do you feel safe in your home?



SUPPORT

Do you receive the help and support you need? Do you help others when they need help?



PURPOSE

Are you able to live the life you want? Do you have goals in your life? Do you know your own strengths or the things you are good at?



LIFE

Do you feel like your position is equal to other people? What does citizenship mean to you? Do you want to have influence on matters that concern you? Do you know how you can influence things?

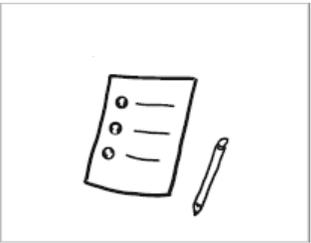


TEHTÄVÄ



EVERYDAY INCLUSION

MY ROLE



Respond by writing, drawing, using pictures, or any other way that is the most suitable for you. Explain how you participate and are included in your own life. For example, what are the things or activities you engage and participate in and how do you actively contribute to what is happening?

I have the option to influence what we do

I have responsibilities

I am present and an active participant

I am present



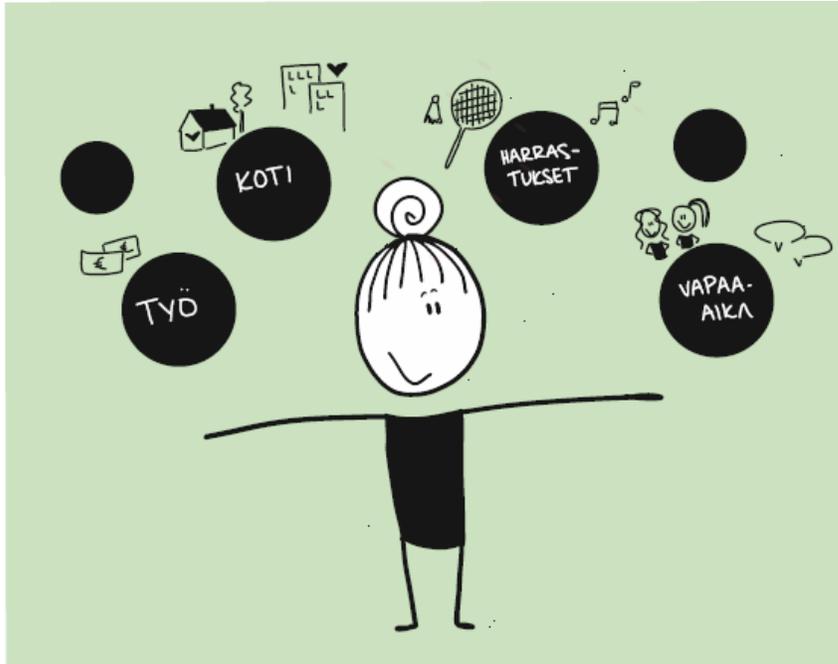


MY LIFE



I AM

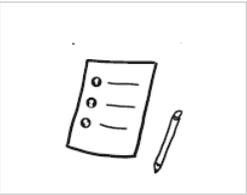




Self-determination is associated with all areas of your life

Before you think about the things in your life you would like to make decisions on, you should first think about matters that pertain to you and your life.

When you think about who you are and what is important to you, it will help you later in considering what the right of self-determination means to you?



WHO AM I?

My story and history...



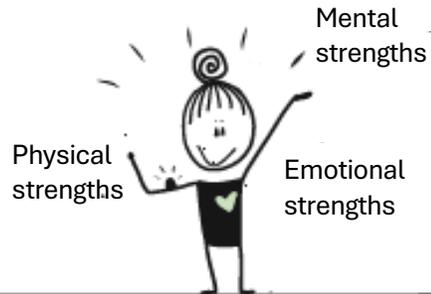
Name

I communicate or express myself by...

My strengths..



People who are important to me..





GOOD DAY



BAD DAY



Respond by writing, drawing, using pictures, or any other way that is the most suitable for you. List things that make your day a good one or a bad one. If you run out of space, you can use a blank sheet of paper or whatever is best for you. Also think of things that could be done to ensure that there are more good days.



What can we do to ensure that there are more good days?



Respond by writing, drawing, using pictures, or any other way that is the most suitable for you. List things that are important to you or things that are important for your benefit. For example, drinking two cups of coffee each morning is important to you, while taking your medicine on time is important for your benefit.

IMPORTANT TO ME

-
-
-
-
-



IMPORTANT FOR MY BENEFIT

-
-
-
-
-

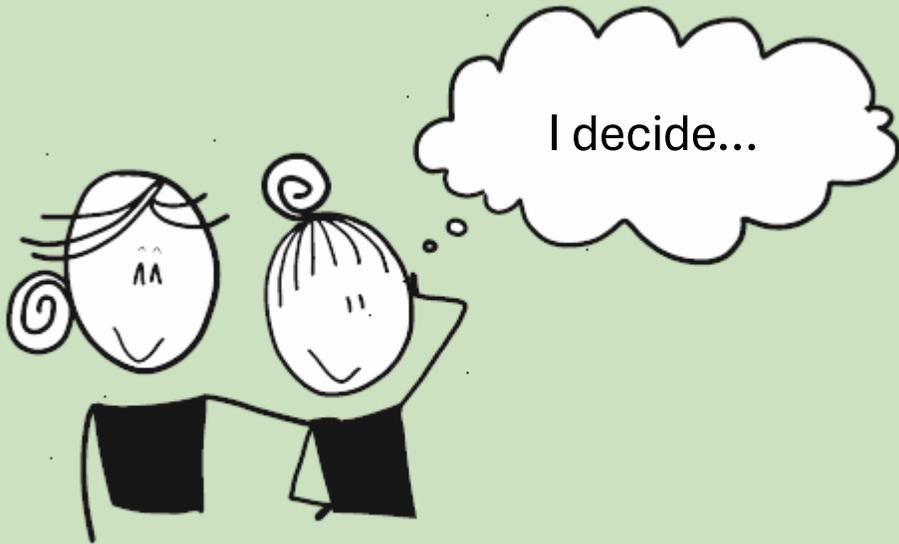


My important routines and habits



I DECIDE





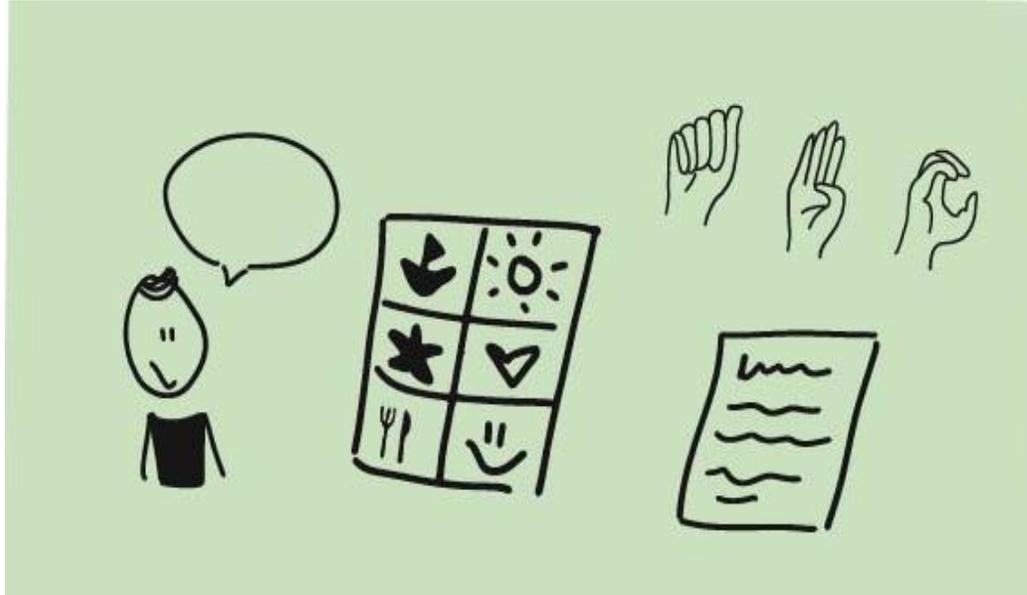
Even if you need help and support, you have the right of self-determination

Each person has the right of self-determination. It means that even if you need help and support, you still have the right to make decisions and have influence in your life.



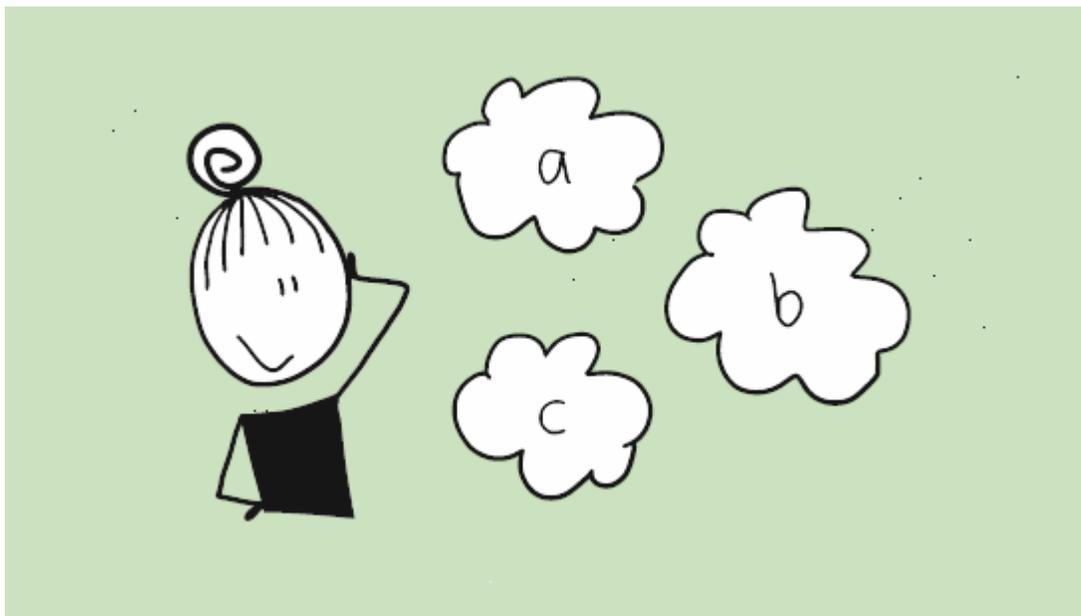
Each person is an expert on their own life

It is important to think of things that concern your life and what is important to you. Other people should also understand that this is your life and respect your wishes regarding the life you want.



Everyone has the right
to be heard and
understood

People can tell about their thoughts in many ways. Others communicate their thoughts with speech, while others can use pictures or gestures. It is important that you have some way to communicate your own thoughts or feelings. You also have the right to get help and support to share your thoughts.



The right of self-determination means making decisions and choices

In your life, you make various decisions and choices, both large and small. Nevertheless, each decision is important to you and other people should respect your choices.

Use the chart on the next page to list things that you decide by yourself, things with which you need help making decisions on, things that are decided by someone else, and things you would like to make decisions on.



Decisions I make myself



Decisions I need support
with

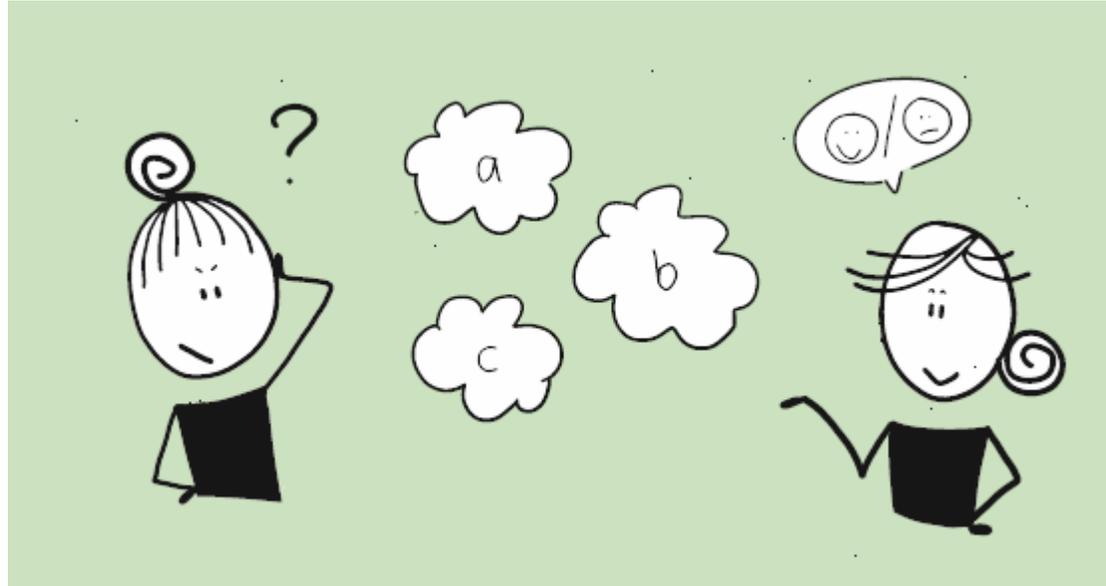


Decisions I would like to make
myself



Decisions made by someone else





Making decisions and choices can be hard

Each person must practice making decisions and choices. Some people decide quickly, while others may take a little longer to come to a decision. Some decisions may be easier, whereas others require more time and help.



When making decisions,
you need information
on the matter

Before you make decisions or choices, you need enough information on the matter you are deciding on or the options you are choosing from. It is also important that you are provided information you can understand.

It would be good if you have someone you can ask help from if you do not understand something or need

more information.

In what form I need the information to be to use it?



speech



pictures



writing



objects



sign language

Some other way, what

What is the best time for me to make decisions?



What kind of support I need and want in decision-making?





What is the best place for me to make decisions?

in a familiar environment

in a lively environment

sitting by a table

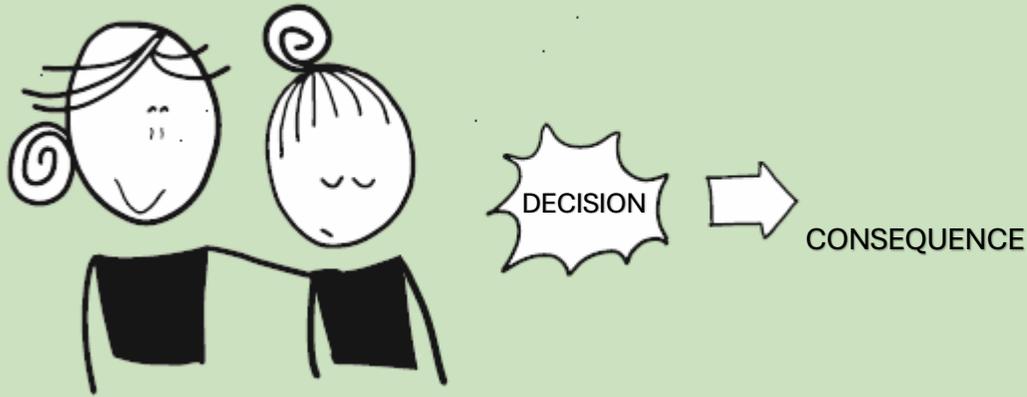
in a new place

when moving around

some other place, what

in a quiet environment

DECISION MAKING



We also have to take responsibility of our decisions and choices

As part of the right of self-determination, each person also has to take responsibility of their own decisions and choices. It is important that you receive help and support as you consider the possible consequences of your decisions on your life. In life, we do not always get everything we want. We also have to think how the things we do, our choices, and our decisions impact the people around us.



You do not always have to succeed, as failure is also part of life

We all make mistakes. It is important that we learn from things or decisions that were unsuccessful or did not go as well as we had hoped. When you make decisions, it is important to also think about things that could go wrong.

Choose something that is important to you that you would like to make happen and consider if it involves risks. In other words, could it cause harm or inconvenience to you or someone else. You can respond by writing, drawing, using images, or any other way that is the most suitable for you. If you run out of space, you can use a blank sheet of paper or whatever is best for you.



1

What is important to me?



2

Why this important thing should be realized?



3

What risks there could be?



4

What should be done to avoid the risks to happen?



5

What I have to do next?



CHALLENGES

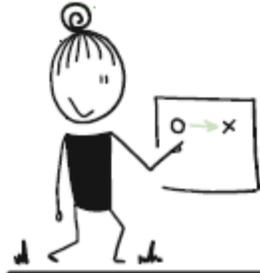




We all have things or situations that make us tense, distressed, or scared. Often, these things also influence the decisions and choices we make. It is important that you and a person close to you think about situations and things that make you tense, distressed, or scared and how such situations could be made easier.



Things I would like to change...



My fears...



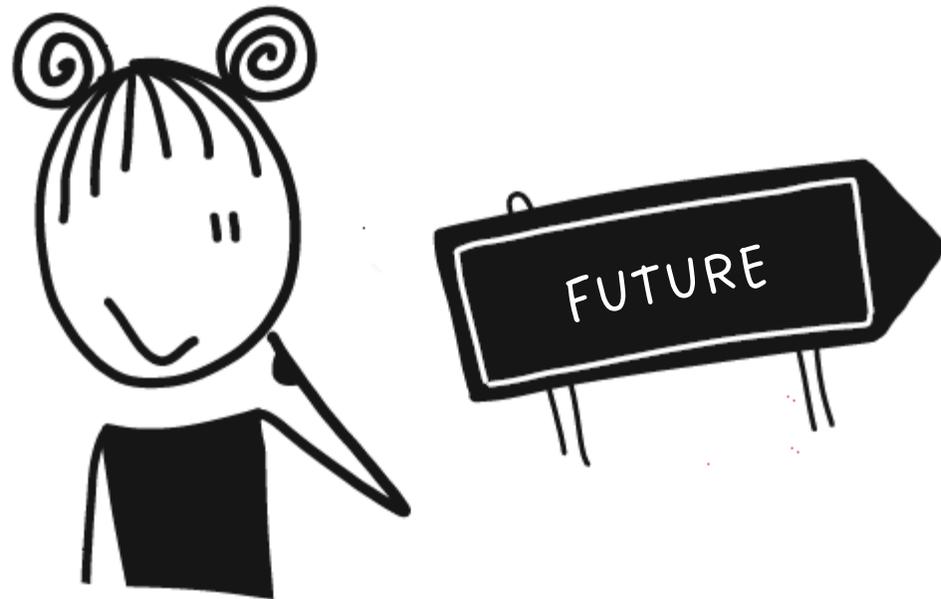
I am nervous when...



I am frustrated when...



MY FUTURE

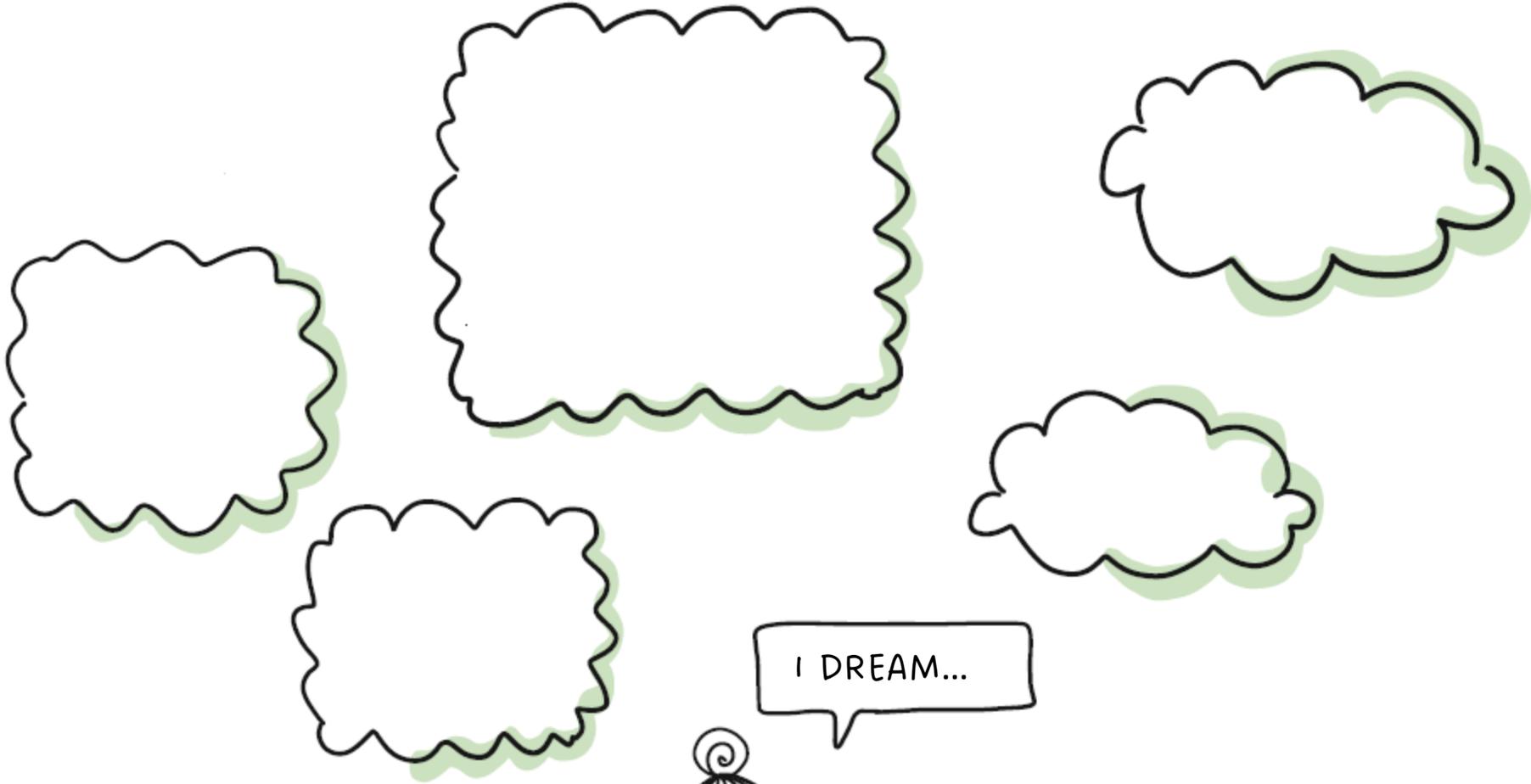
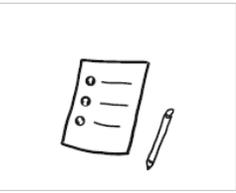




Everyone has the right to influence their own life

It is important to think about your future and to have dreams, both large and small. Some dreams come true, while others will remain unfulfilled.

Your dreams can also change over time. You have the right to decide which dreams you want to realize.



I DREAM...



In this exercise, you can think about what dreams you have. You can respond by writing, drawing, using images, or any other way that is the most suitable for you. If you run out of space, you can use a blank sheet of paper or whatever is best for you.



PATH OF DREAMS

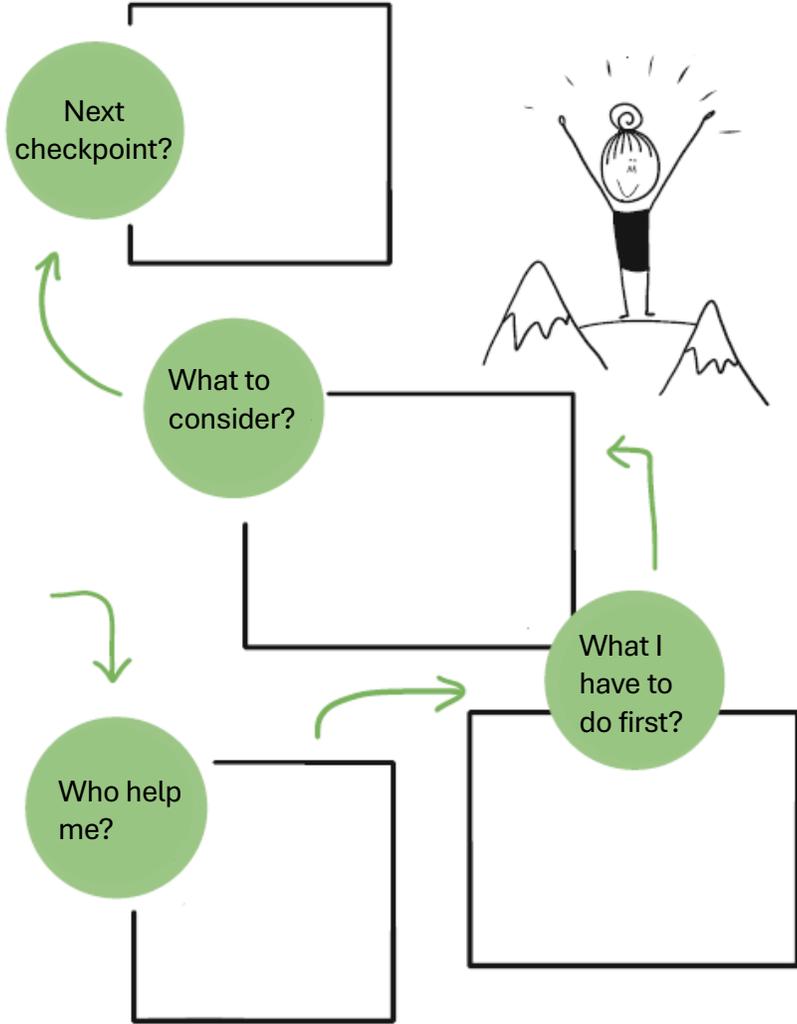


My dream..

What needs to happen for my dream to come true...

-
-
-
-

In this exercise, you can choose one of your dreams, and think of ways you could make it come true. You can respond by writing, drawing, using images, or any other way that is the most suitable for you. If you run out of space, you can use a blank sheet of paper or whatever is best for you.



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