



DOWN SYNDROME GUILD
OF DALLAS

Self-Determination, Self-Advocacy and Person-Centered Planning

Adults with Down syndrome have the same rights as all people. However, all too frequently they do not have the same opportunities and experiences that enable them to exert control in their lives and to advocate on their own behalf.

The principles of self-determination set forth that people with developmental disabilities must:

- Have the opportunity to advocate for themselves with the knowledge that their desires will be heard and respected
- Have opportunities to acquire skills and develop beliefs that enable them to take greater personal control
- Be active participants in decision-making about their lives
- Be supported, assisted, and empowered to vote and become active members and leaders on community boards, committees and agencies
- Have the option to direct their own care and allocate available resources
- Be able to hire, train, manage and fire their own personal assistants

The tool used to ensure that the principles of self-determination and self-advocacy are implemented is called *person-centered planning*. For additional information, visit the following websites:

- www.pacer.org/tatra/resources/personal.asp
- www.ImagineEnterprises.com
- www.TheArcOfTexas.org (click on Real Life and Microboards)
- www.Microboard.org