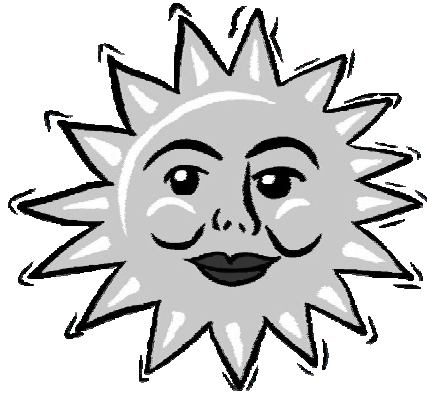


Introduction to Self-Direction



Module 1 (Part B) Making Choices and Planning

This presentation is about self direction and this module is about making choices and planning.

Trainer's Notes

This is an introductory slide for Module A.

**Materials developed by:
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Virginia Commonwealth University
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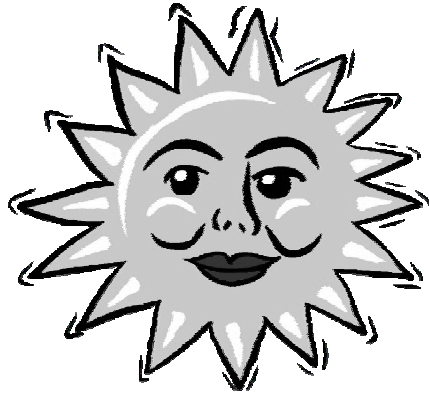
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The materials for this presentation were developed by the Partnership for People with Disabilities at Virginia Commonwealth University. Funding was provided through the Virginia Department of Medical Assistance Services with grant support from the Centers for Medicare and Medicaid Services.

Trainer's Notes

Tell the audience who developed the materials and who funded the development of the materials. Use your own words and discretion in how you present this information.

Introduction to Self-Direction



Module 1 (Part B) Making Choices and Planning

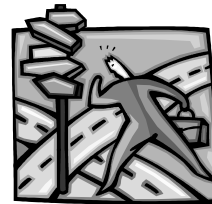
Today, we are going to talk about the choices we make and how we can plan and make our choices happen.

Making choices that make us happy and that are good for us is an important part of our everyday life.



DREAMING

CHOOSING



PLANNING

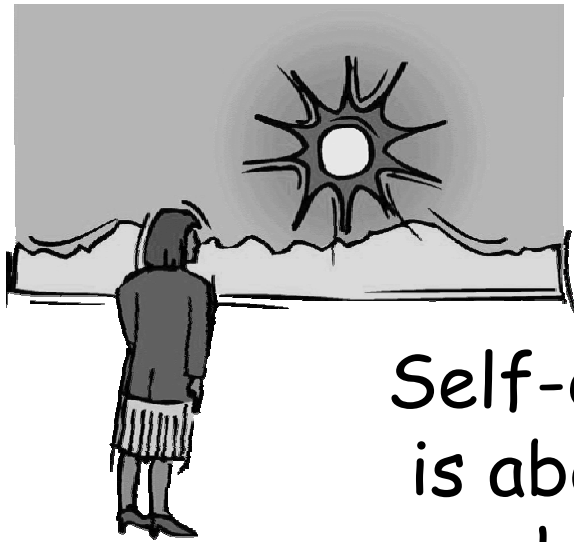
Remember when we first talked about self-direction, we said that there are at least three ways that we can talk about it to help us understand it. The three ways are:

- DREAMING
- CHOOSING
- PLANNING

We've already talked about dreaming. Now we are going to talk about **making choices**.

Trainer's Notes

Remind participants that in the previous training we talked about dreaming as an important part of self-direction. Dreams are those things that we want to have happen in our lives. We even drew some of our dreams to remind us how important they are. Ask if anyone saved those drawings or if anyone did anything with them like sharing them with family or a case manager. Explain to participants that now we are going to see how we can use our dreams to help us make choices and to plan for the way we want our lives to be.



Self-direction
is about your
choices.

Self-direction is about the choices that we make every day. We all need the freedom to make choices. We also need practice making choices so that we will get better at making choices that make us happy and keep us safe. Making choices that make us happy and keep us safe is our **responsibility**.

Remember we said before that **freedom** means being able to make choices, both big and small, about how you live your life.

Responsibility means doing your best to make good choices that make you happy and keep you safe.

We make choices everyday.



We each make choices every day -- some big, some little, some important, some not so important.



Breakfast?

Clothes?



Transportation?

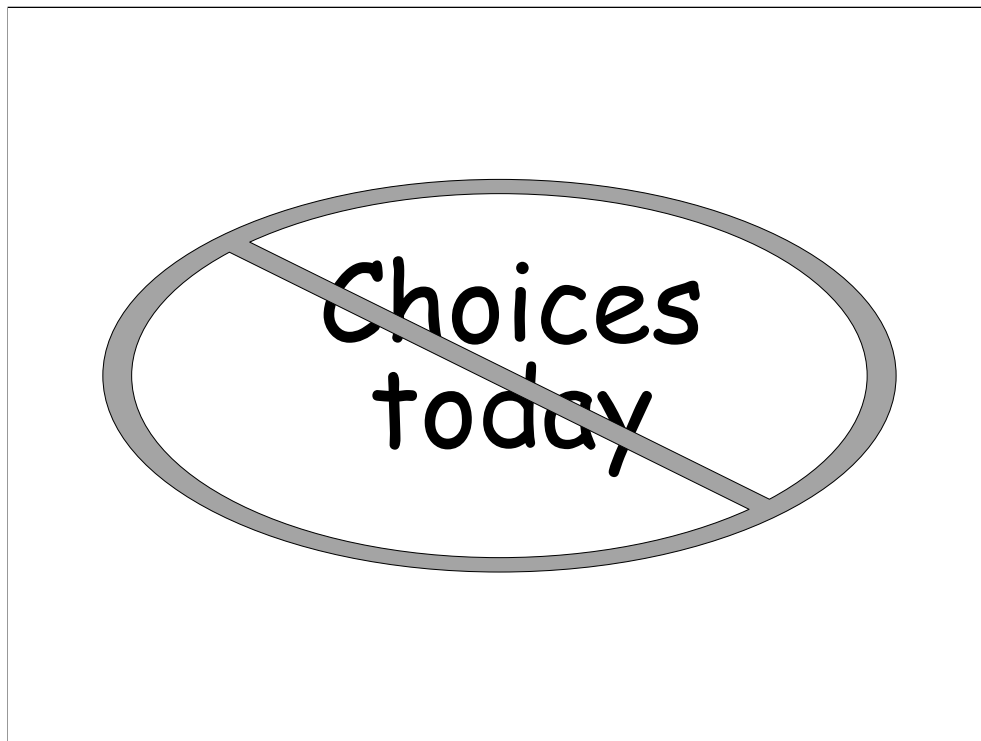


What choices have you made today ?

- Did you choose what you ate for breakfast?
- Did you choose the clothes that you have on?
- Did you choose to come to this training?

Trainer's Notes

Encourage participants to talk about the choices that they made today. Give ample time for participants to answer and encourage responses by calling on individuals if needed.



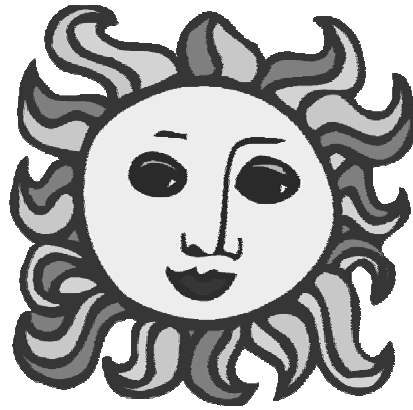
Not everything is our choice. For example, today

- You didn't choose who would lead the training.
- You didn't choose what time we would start.
- You don't get to choose when it will end.

Trainer's Notes

Encourage participants to give examples from their own lives of things that are not their choices.

Important choices



Some choices are more important than other choices. The important choices that you make usually have to do with your dreams. The important choices that you make are usually about how you would like your life to be. Important choices are often about your dreams for things you would like to have happen in your life.

Let's look at some important choices you might want to make.



Live



Play



Work



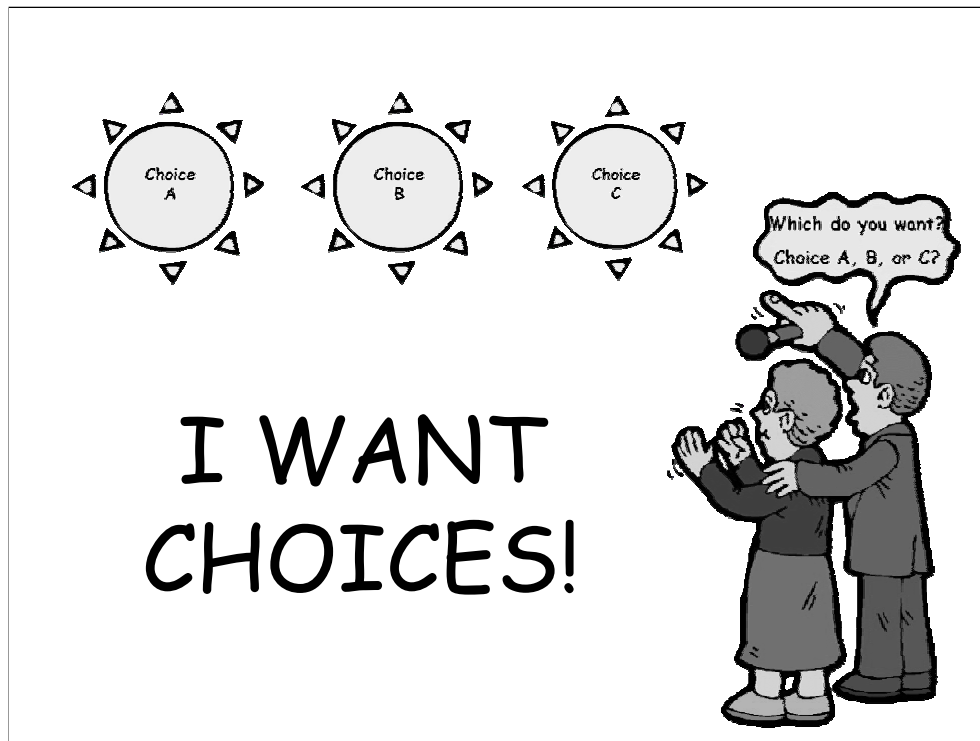
People in
Your Life

Here are some important choices

- Choosing where you live and with whom you live is important.
- Choosing where you work and what you do is important.
- Choosing how you spend your free time is important.
- Choosing who you spend time with is important.

Trainer's Notes

Ask participants to volunteer examples of important choices that they have made or will have to make. Ask probing questions to assist participants to explain their choices in some detail.

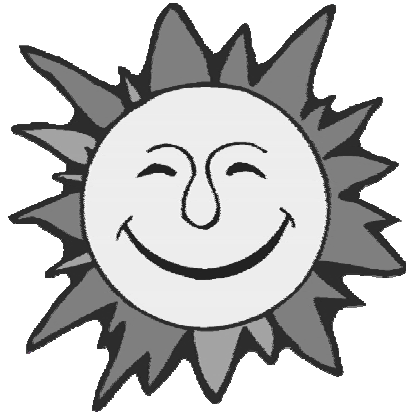


Letting people know that you want to make choices is an important part of making decisions and being in charge of your life.

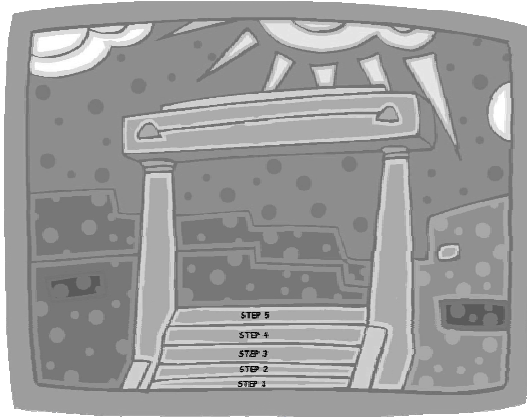
Trainer's Notes

Encourage people to think about times when they spoke up for themselves with family, friends, or staff. How did it feel? Did it help them to get their choice?

Making good choices...



Making good choices isn't always an easy job. It helps if we know the steps to take in making good choices.



Activity #1

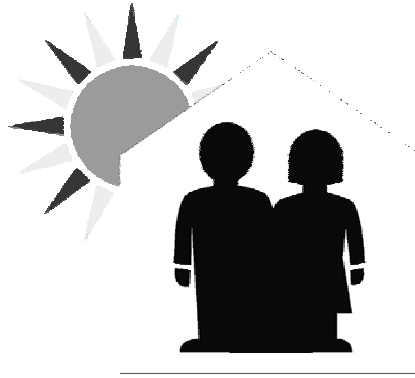
What are the steps?

Let's talk about the steps in making good choices. Your handout shows one way to make choices.

Trainer's Notes

Have participants refer to the *Steps to Making Good Choices* handout. Walk the participants through the steps using an example from the audience to make the process concrete. Make sure you have an example ready in case no one volunteers. Encourage participants to brainstorm ideas for step 2 in the process and record each idea (no matter how unrealistic) on the flipchart. Lead the participants through the remaining steps to show how a choice may be made.

See Handout 1B-1



Getting help to make good choices

Family, friends, or others in the community can help you make good choices when you need the help. Who are the people who help you to make good choices?

Trainer's Notes

Ask participants to name people in their lives who can help them to make a good choice. Suggest that they go over the *Steps to Making Good Choices* handout with people who help them make their choices.

Self-
direction
is about
you
making a
plan.



My Dreams

- 1.
- 2.
- 3.
- 4.
- 5.

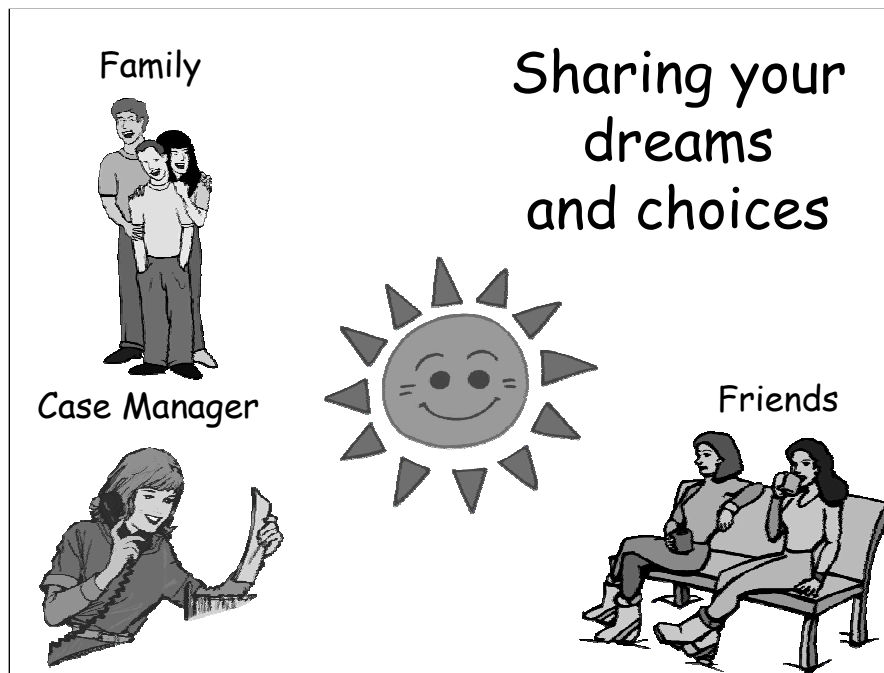
My Choices

- 1.
- 2.
- 3.
- 4.
- 5.

How do you make your dreams and choices become a plan for how you live your life?

First, take your dreams and choices and write them down or draw them on paper.

Next, get people who you like and who care about you to help you figure out the steps to make your dreams happen.



Share your dreams and choices with your family, case manager, friends, and others with whom you work.

It is important to have a plan that is about you and that tells the choices that you have made about how you want your life to be. Remember, **you** are the person in the center of the plan for your life.

Trainer's Notes

Remind individuals that have Consumer Service Plans that they can use their dream sheets to tell their family, their case manager, and their service providers about their choices for their plans.

What have we learned?



We have learned that dreams are important.

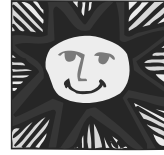
We can make choices about the life we want.

We can use our dreams and our choices to make a plan for our future.

Trainer's Notes

Ask participants if they have any final things to say, thank them for coming, and ask them to do the final activity with you...sharing their ideas about the training.

Share your thoughts with us...



1. What is one thing you learned about self-direction?
2. What are some choices you make in life?
3. What are some choices that you don't make for yourself?
4. Who are the people who could help you make choices and a plan?
5. What more do you want to know about self-direction?

As part of our work, we are collecting ideas from you to help us make this training better. Your answers to these few questions will help us.

Trainer's Notes

Ask each question one at a time to the group. Record participants' answers. Estimate the number of participants who take part in answering the evaluation questions and note next to their responses.