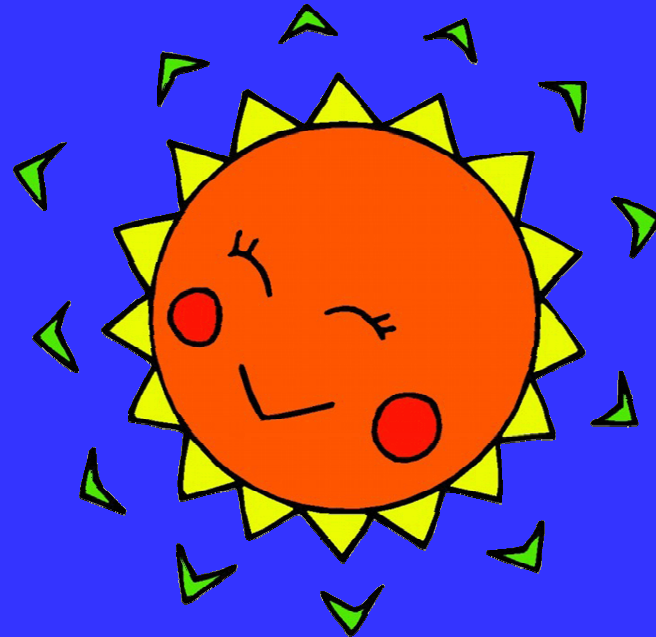


# Introduction to Self-Direction



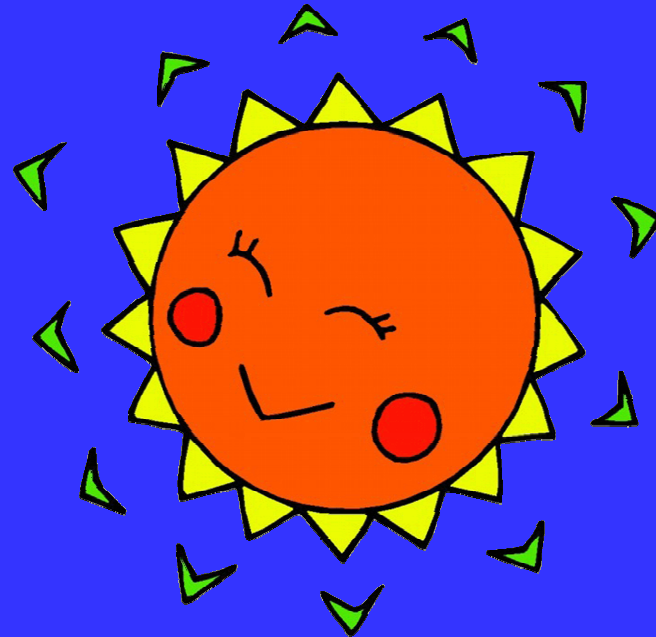
## Module 2

### Dreaming, Making Choices, and Planning

Materials developed by:  
Partnership for People with Disabilities  
Virginia Commonwealth University  
Funding provided through:  
Virginia Department of Medical Assistance Services  
With grant support from:  
U.S. Centers for Medicare and Medicaid Services

The Partnership for People with Disabilities is a university center for excellence in developmental disabilities at Virginia Commonwealth University. VCU is an equal opportunity/affirmative action institution providing access to education and employment without regards to age, race, color, national origin, gender, religion, sexual orientation, veteran's status, political affiliation, or disability. If alternative formats of materials are needed, please contact the Partnership for People with Disabilities at 804/828-3876 or 800/828-1120 (TDD Relay). Support for this initiative was provided through a contract with the Virginia Department of Medical Assistance Services with funding from the U.S. Centers for Medicare and Medicaid Services, Grant No. P-91599/3. However, the contents herein do not necessarily represent the policy of the U.S. Department of Health and Human Services, and you should not infer endorsement by the Federal government. Please include this disclaimer when copying or using all or any part of the materials in dissemination activities. (2004)

# Introduction to Self-Direction



## Module 2

### Dreaming, Making Choices, and Planning

Self-direction is  
about you.

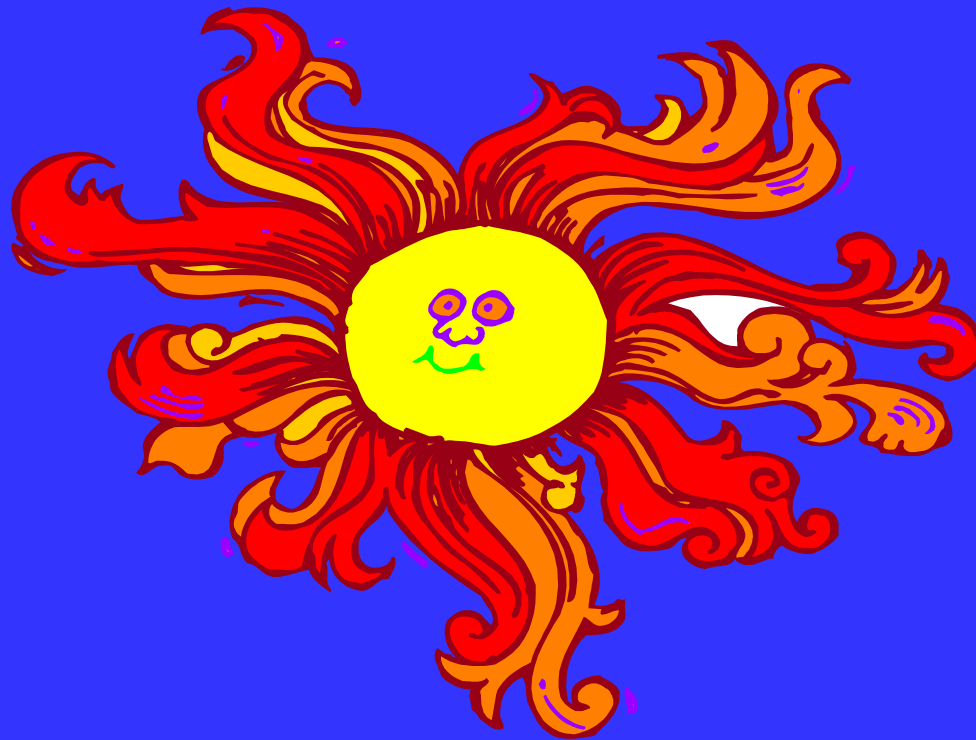




Self-direction is about  
your everyday life.



Self-direction is about



you being in charge.

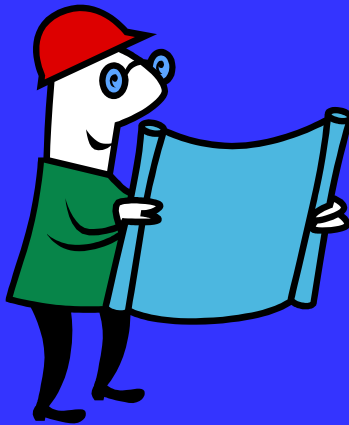
Self-direction is about  
you being happy!





DREAMING

CHOOSING



PLANNING

Self-  
direction  
is about  
your  
dreams.



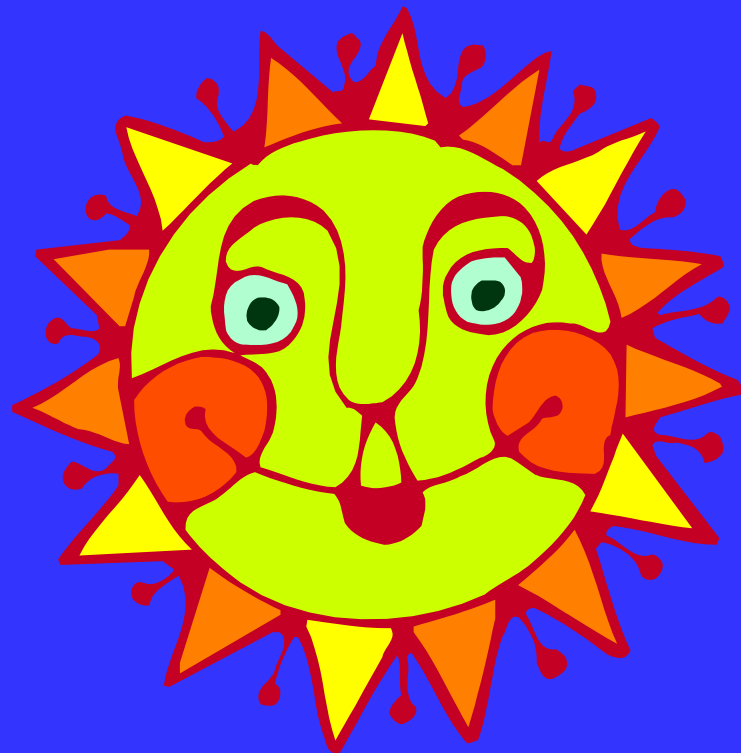
What are your  
dreams?



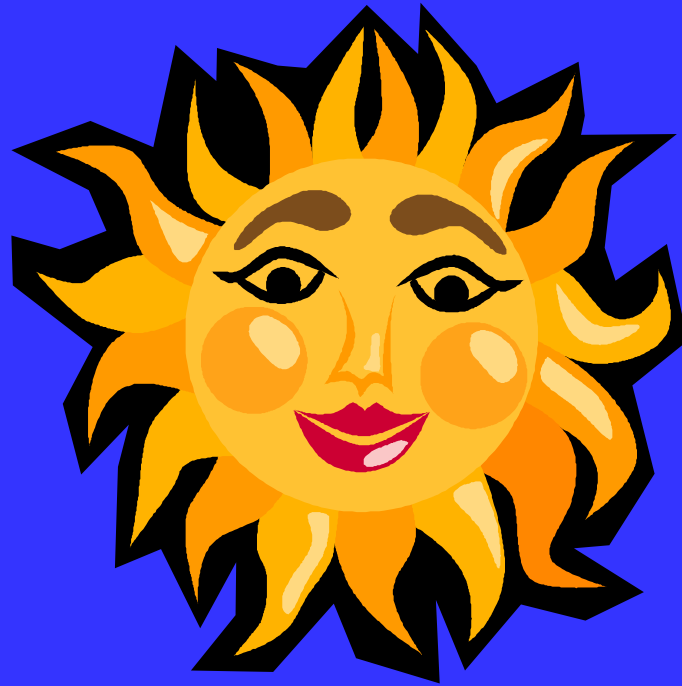


What is something that  
you would like to have  
happen to you?

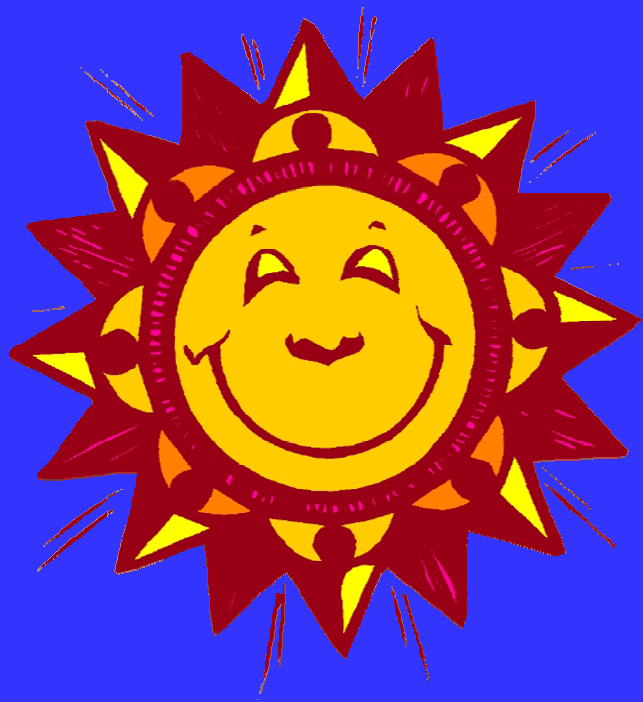
Who do you want  
to be with?





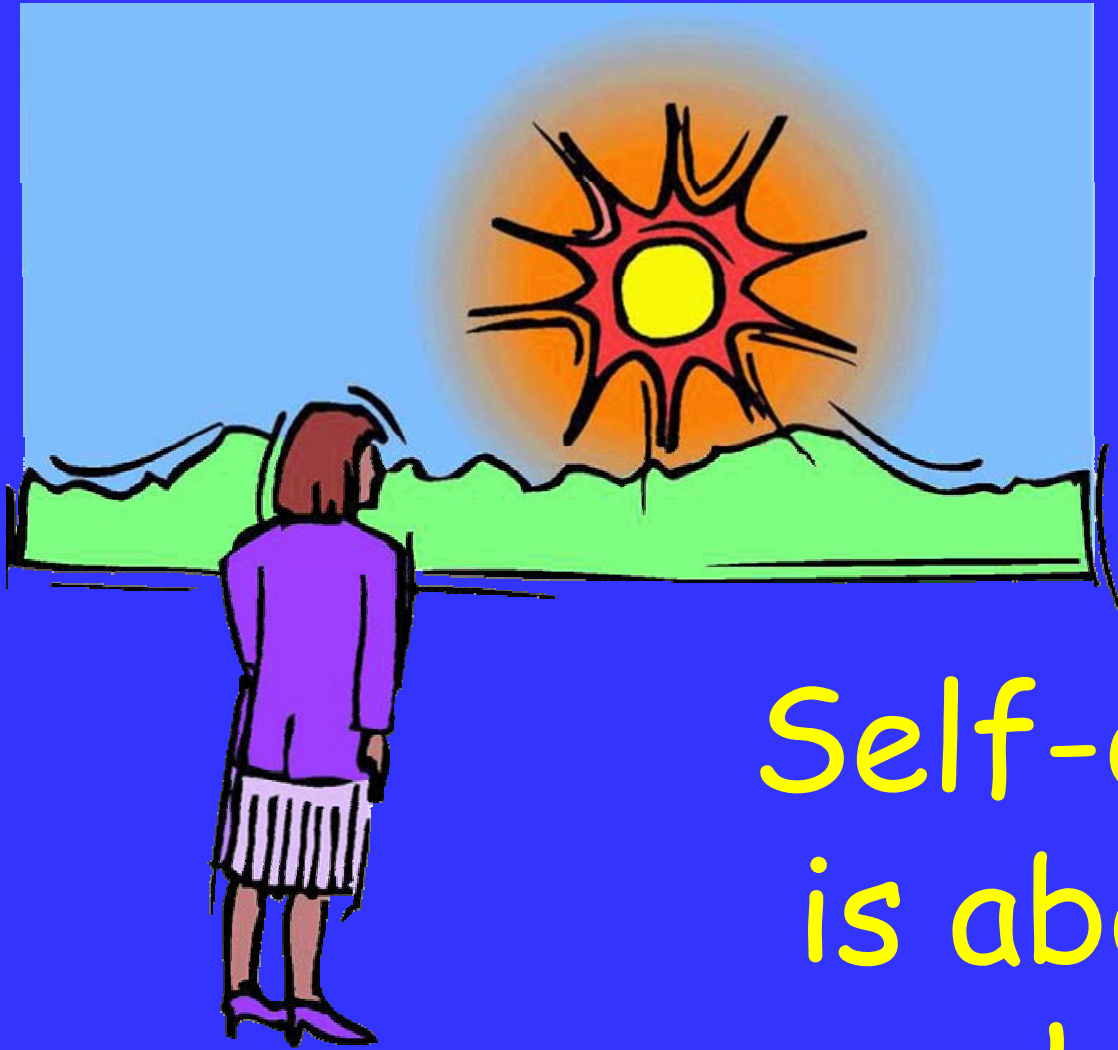


What do you like to do  
and where do you like  
to do it?



# Activity #1

## Drawing Our Dreams



Self-direction  
is about your  
choices.

We make choices  
everyday.



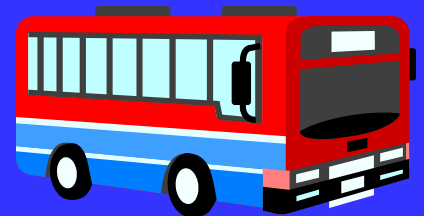


Breakfast?

Clothes?



Transportation?





choices  
today



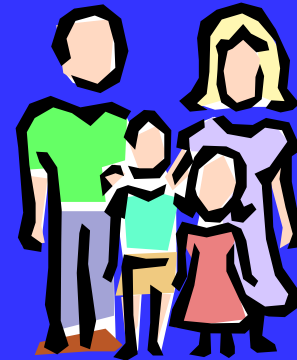
Live



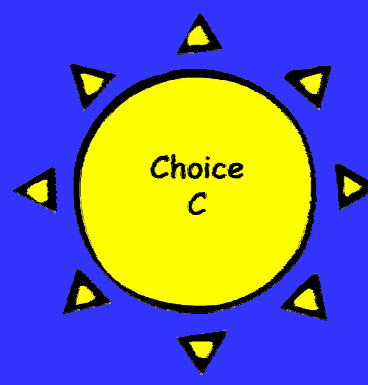
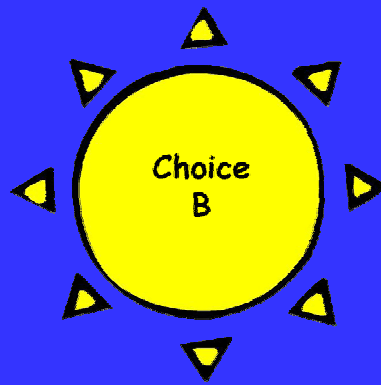
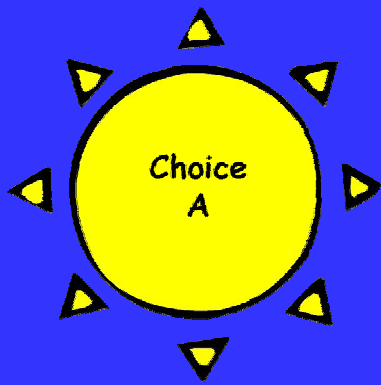
Play



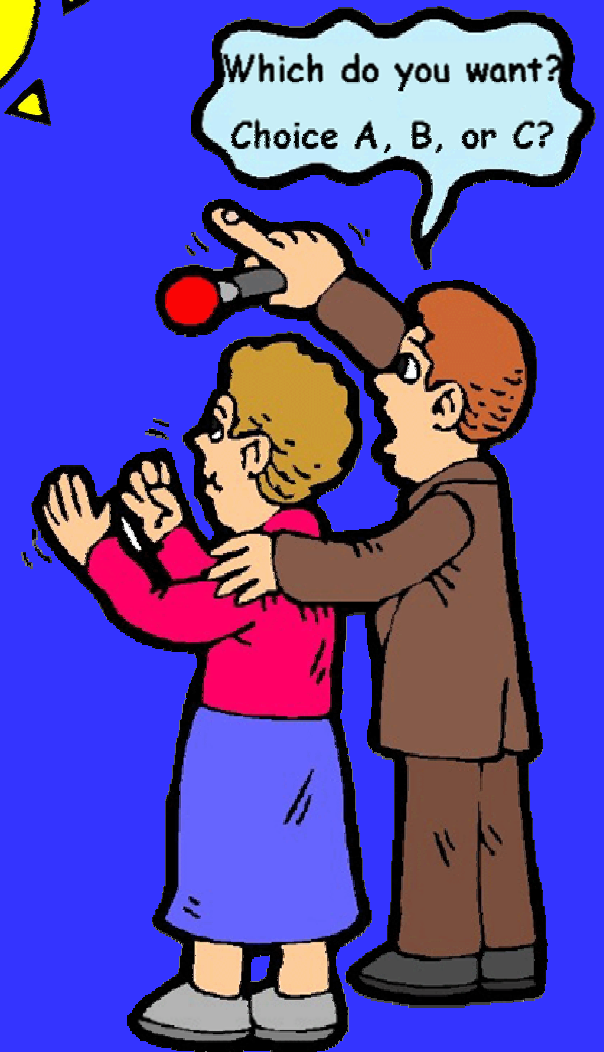
Work



People in  
Your Life



I WANT  
CHOICES!





Making  
good choices...





## Activity #2

What are the  
steps?

Self-  
direction  
is about  
you  
making a  
*plan.*



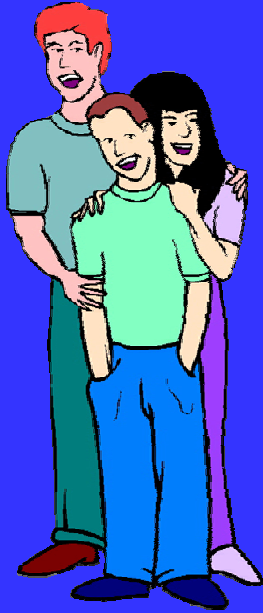
### My Dreams

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

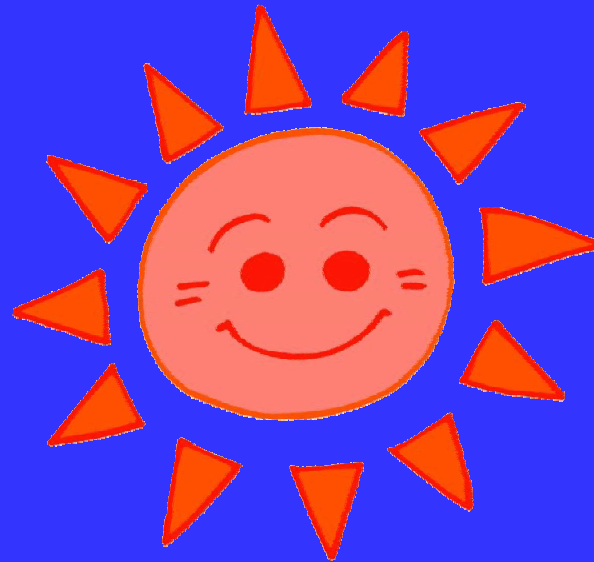
### My Choices

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

Family



# Sharing your dreams and choices



Case Manager



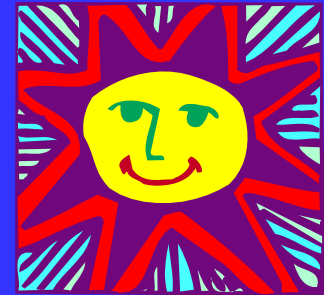
Friends



What have we  
learned?



# Share your thoughts with us...



1. What is one thing you learned about self-direction?
2. In this training, what does it mean to “dream”?
3. What are some choices that you make in life?
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?