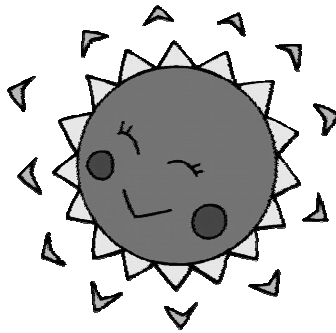


Introduction to Self-Direction



Module 2 Dreaming, Making Choices, and Planning

This presentation is about self direction and includes information about dreaming, making choices, and planning.

Trainer's Notes

This is an introductory slide for this module.

**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**

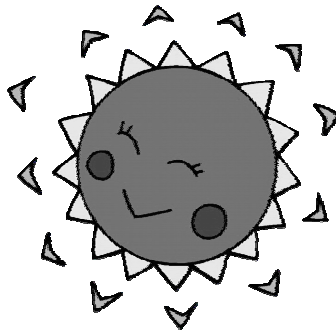
The Partnership for People with Disabilities is a university center for excellence in developmental disabilities at Virginia Commonwealth University. VCU is an equal opportunity/affirmative action institution providing access to education and employment without regards to age, race, color, national origin, 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)

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 2 Dreaming, Making Choices, and Planning

Today we are going to talk about self-direction.

Self-direction is about FREEDOM and RESPONSIBILITY.

Have you heard these words before? Do you know what they mean?

Freedom means being able to make important choices about how you live your life.

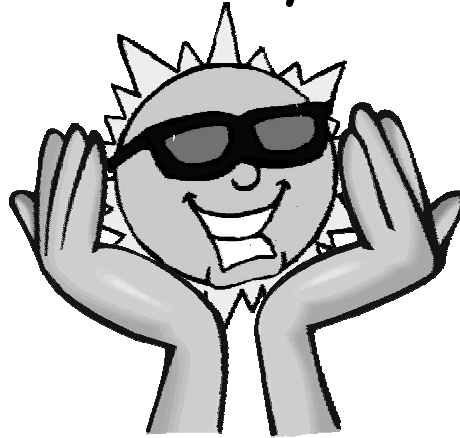
Responsibility means doing your best to make good choices that make you happy and keep you safe.

Trainer's Notes

Before you talk about freedom and responsibility, ask participants if they have heard the word "self-direction." How have they heard it used? Where have they heard it? What do they think it means?

Give participants the time to respond to your question about what the words freedom and responsibility mean.

Self-direction is about you.



The SELF in self-direction tells us it is about **YOU**.

Trainer's Notes

Write “**You**” on a flip chart and point to each participant emphasizing the “self” in self-direction.

Self-direction is about your everyday life.

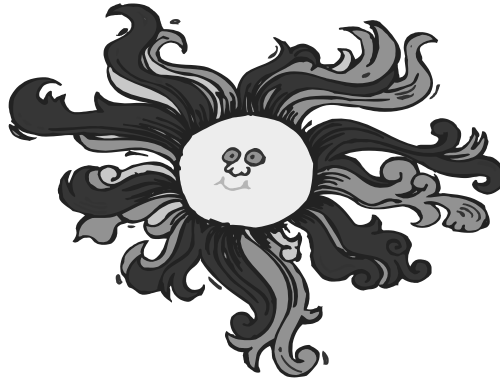


Self-direction is about YOUR everyday life.

Trainer's Notes

To make this more concrete, bring a flip chart on which you have drawn or pasted pictures that are examples of activities of everyday life, such as people at work, or participating in leisure activities, or at home relaxing, cleaning, or sharing a meal with someone. Ask the group to describe the pictures and then write a word or two beneath each picture such as home, family, work, etc. to summarize the participants' comments.

Self-direction is about



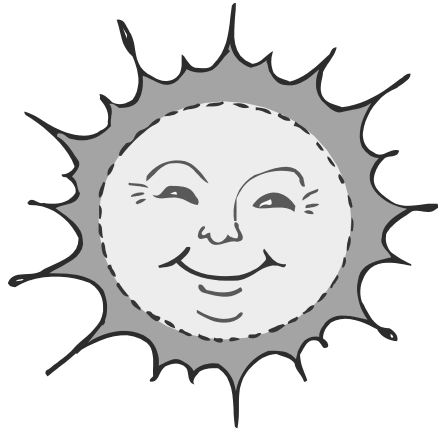
you being in charge.

Self-direction is about **YOU** being in charge of your life. Sometimes we say this means that you are the boss of your life. Being the boss of your life does not mean that you boss others around. It means that you work hard to make good choices.

Trainer's Notes

Write "**It's About Me**" on the flip chart. Ask participants to repeat with you, "It's about ME, my dreams, and my everyday life. I am in charge."

Self-direction is about you being happy!



Self-direction is about **You** being happy

- and having a home.
- and choosing your friends.
- and having a job you like.
- and spending time with family.
- and doing things that you like to do.
- and taking care of yourself.

Trainer's Notes

Point to the pictures on the flip chart that are the descriptions of everyday life that illustrate what you are saying.



DREAMING

CHOOSING



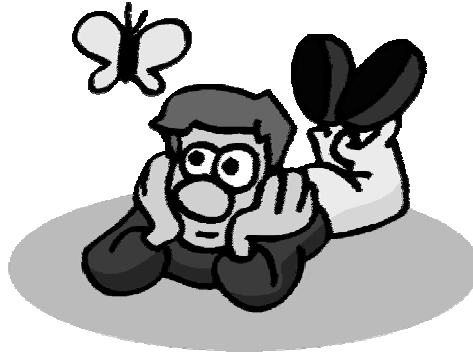
PLANNING

There are at least three ways that we can talk about self-direction to help us understand it. The three ways are:

- DREAMING
- CHOOSING
- PLANNING

We are going to start by talking about **dreaming**.

**Self-
direction
is about
your
dreams.**



Self-direction is about **YOUR** dreams, but not the dreams you have when you go to sleep at night. Self-direction is about the dreams you have during the day when you are thinking about how you would like your life to be. It is about your dreams for things you would like to have happen in your life.

Trainer's Notes

Write “**dreams**” on the flip chart and give participants examples of dreams that you, the trainer, might have. For example you might have a dream to have your own home or to learn how to ride a horse. Make your examples concrete and ask if others in the group have had a dream like yours. Tell them that they will have a chance in a little while to talk about some of their dreams for their lives.

What are your dreams?



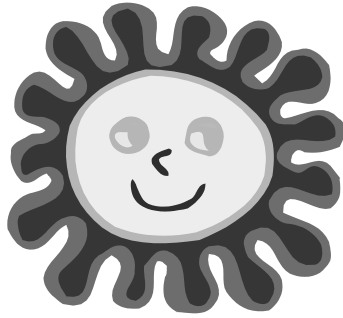
Everyone has dreams or ideas about what they want to do in their life. Our dreams for our lives show the things that we like or that are important to us. Our dreams help us to make choices about what we want to do and how we want to live. For example one person might like to live at home with his or her family. Another person might like to live in his or her own home where friends and family would come to visit.

One of my dreams is...

Who wants to tell us about a dream that you have?

Trainer's Notes

Give an example of a dream that you, the trainer, has. Check with the participants to make sure that they are not confusing dreams that they have at night with the dreams that we have for our lives.



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

We just heard some examples of people's dreams. Here are some questions that may help you think about **your** dreams.

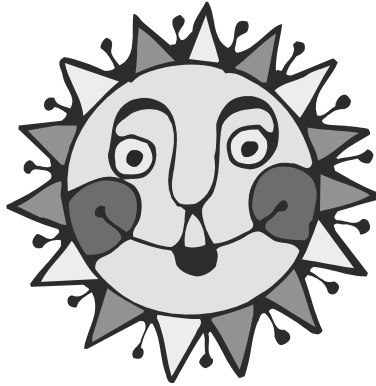
The first question is...

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

Trainer's Notes

Encourage participants to share by giving further explanation or by giving some examples such as, I'd like to be invited out to dinner by a friend, or I'd like to go on a vacation, etc. Give participants the time to organize their thoughts and then to respond. This is the first of 3 questions. You want to encourage interaction but you also need to work within the time frame that you established for the training.

Who do you want to be with?

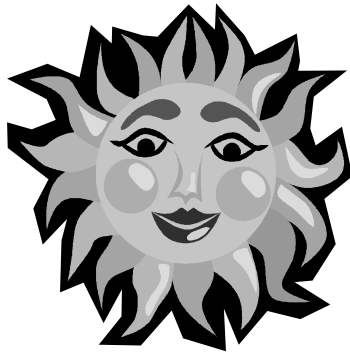


Another question is...

Who do you want to be with?

Trainer's Notes

Encourage participants to share by giving further explanation or by giving some examples. Explain that this question helps us to think about the people who are important to us. They may be family members, friends, people in the community who are important to us (for example a teacher or the choir director at church). Give participants time to organize their thoughts and to respond.



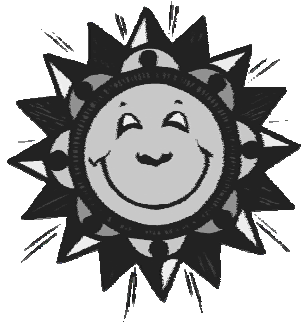
What do you like to do
and where do you like
to do it?

Another question is...

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

Trainer's Notes

Encourage participants to share by giving further explanation or by giving some examples. For example, you, the trainer, might say, "I like to go swimming but I hate the sand so I do not like to go to the beach. When I want to go swimming I go to the pool at the YMCA." Give participants time to organize their thoughts and to respond.



Activity #1

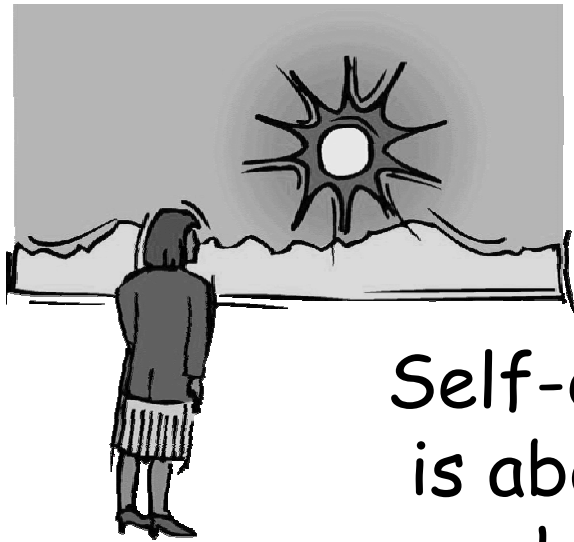
Drawing Our Dreams

It is important to remember your dreams. Let's take a few minutes for you to draw your dreams.

Trainer's Notes

Instruct participants to take the sheet of paper that says at the top, "My Dreams," and draw their dreams. If there is enough time, ask for volunteers to show their pictures and explain their dreams. Be ready to assist participants who cannot draw their dreams by helping them or by asking another participant to help.

See Handout 2-1



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?

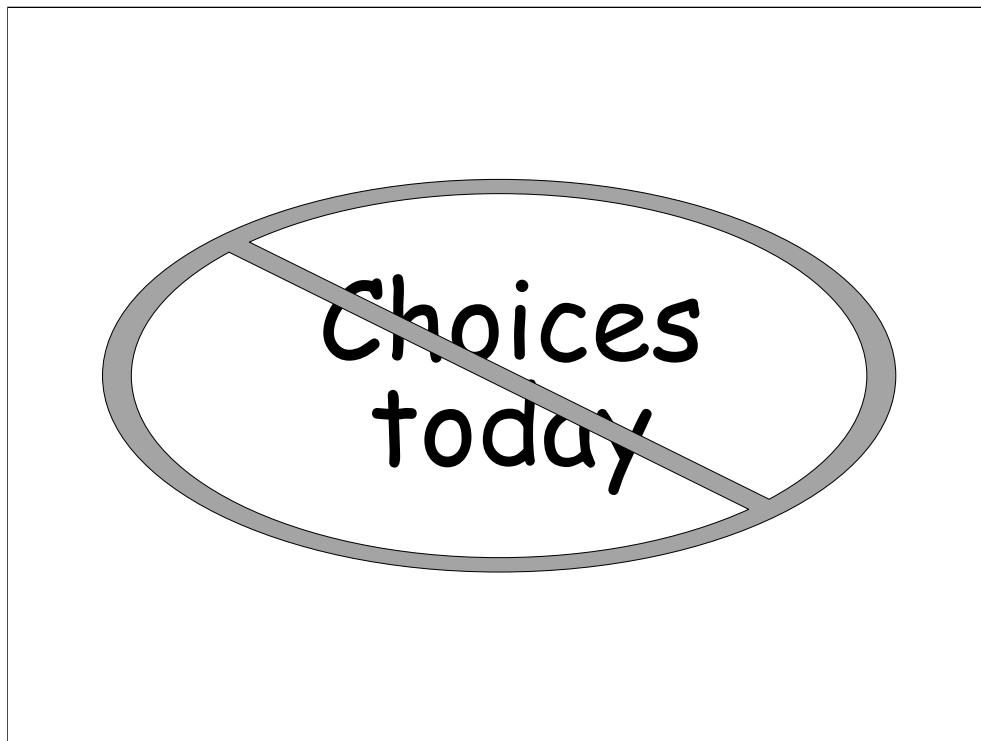


What choices have you made today ?

- 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 what time this training is over.

Trainer's Notes

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



Live



Play



Work



People in
Your Life

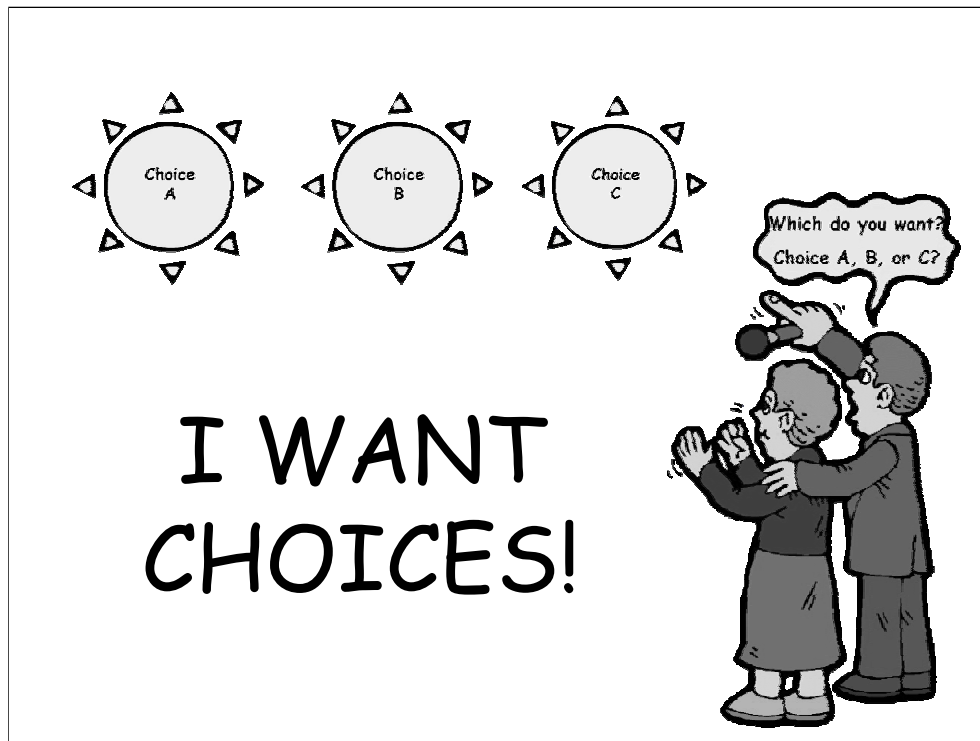
Some choices are more important than other choices.

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.

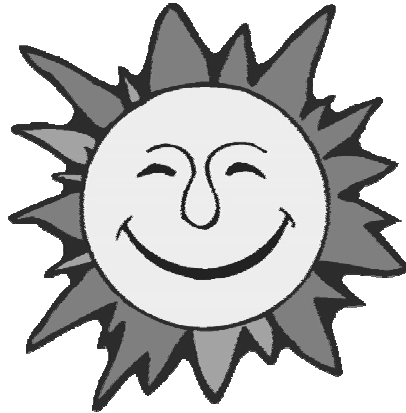


Letting people know that you want to make choices is an important part of making decisions and being in charge of your life.

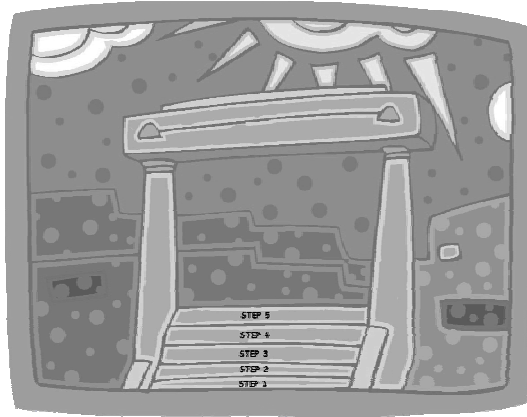
Trainer's Notes

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 #2

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.

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.

See Handout 2-2

Self-
direction
is about
you
making a
plan.



My Dreams

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

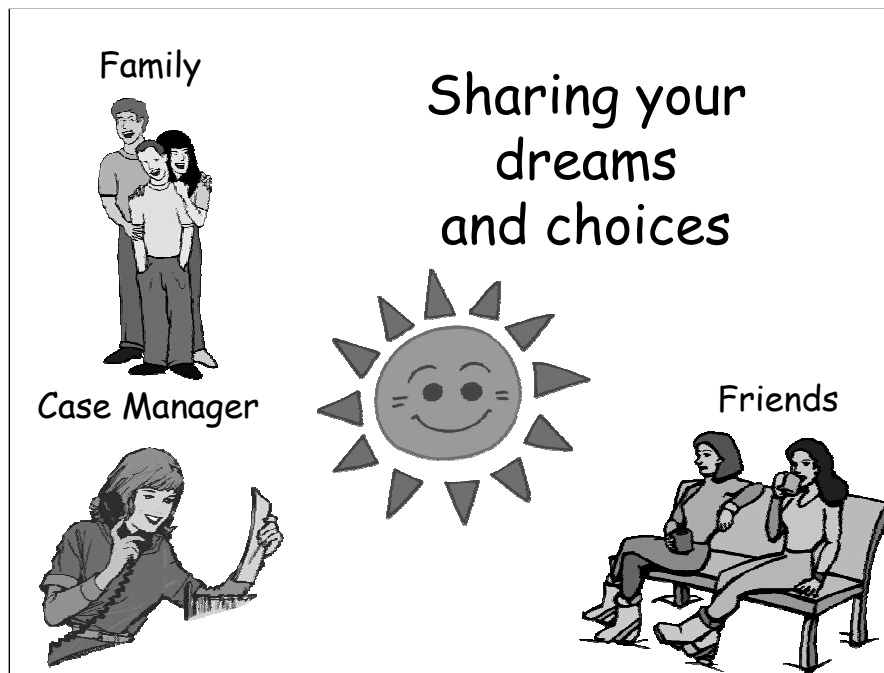
My Choices

- 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.



Make sure that you 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 your dreams 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.

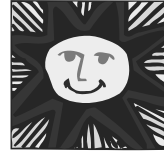
We can make choices about the life we want.

We can use our dreams and the choices we make to 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. 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?

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.