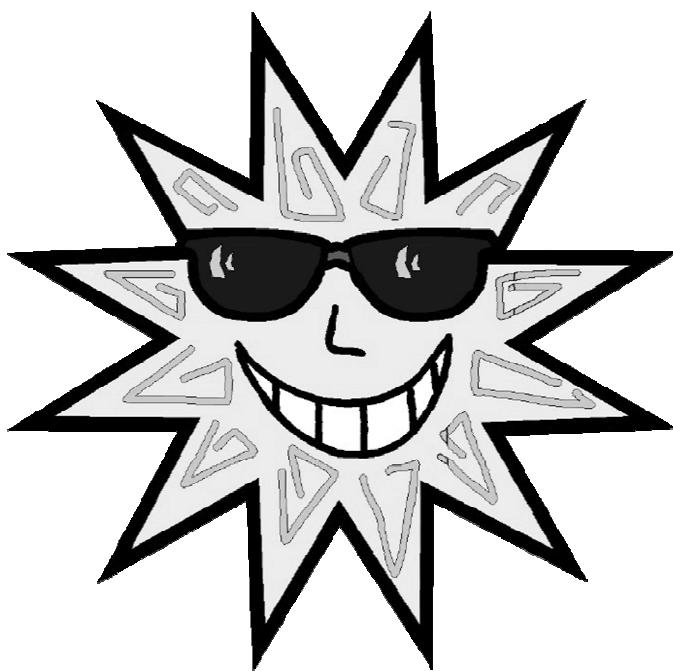


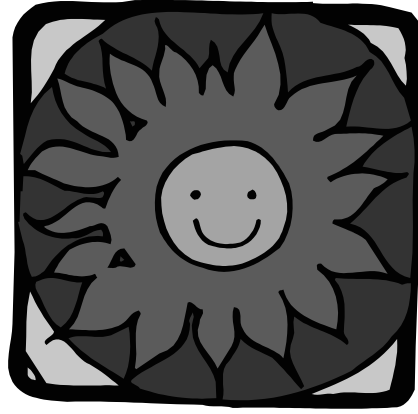
**Module 3**  
**Self-Direction:**  
**An Introduction for**  
**Families and Professionals**

**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)



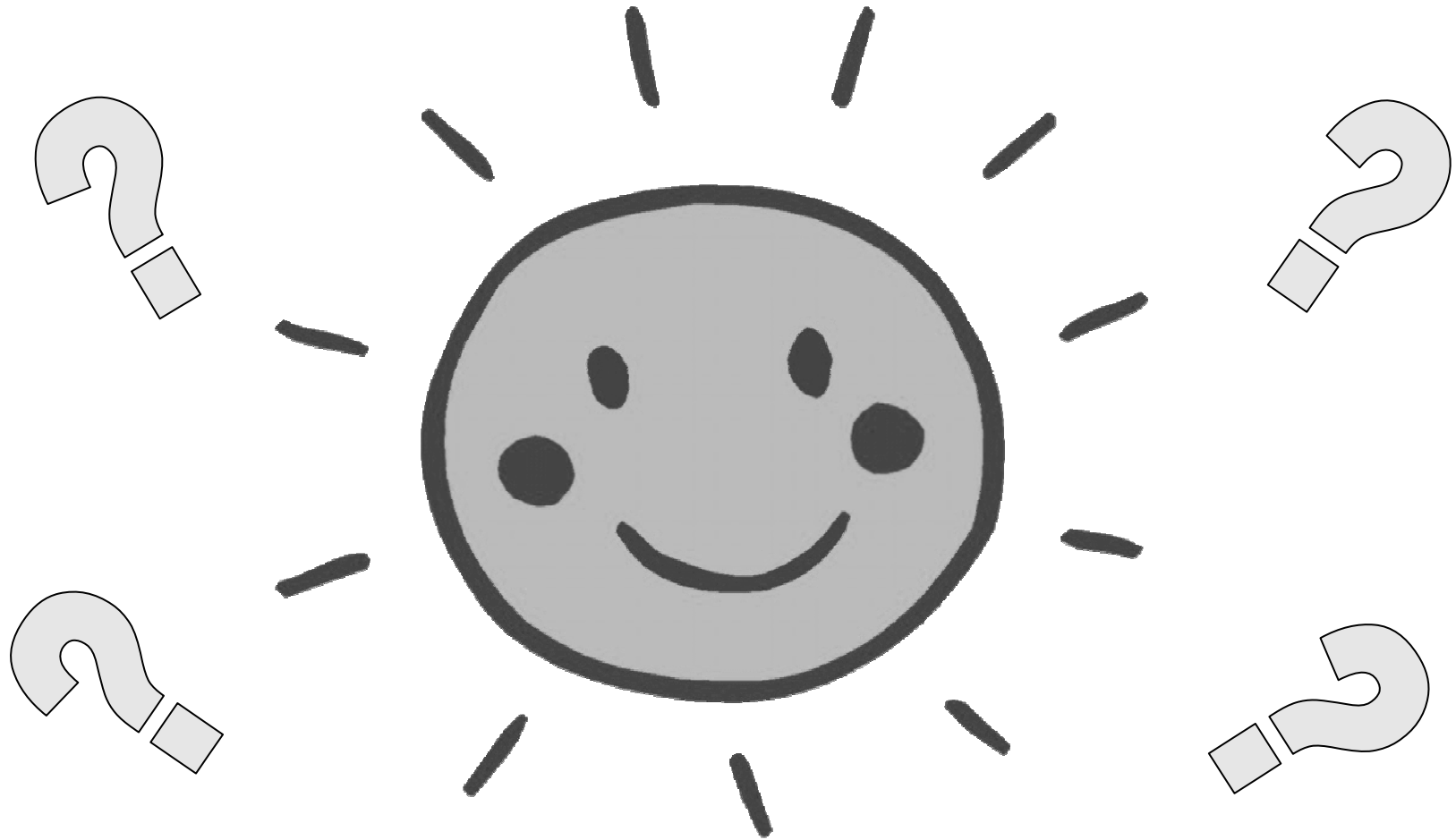
**Module 3**  
**Self-Direction:**  
**An Introduction for**  
**Families and Professionals**



We will discuss:

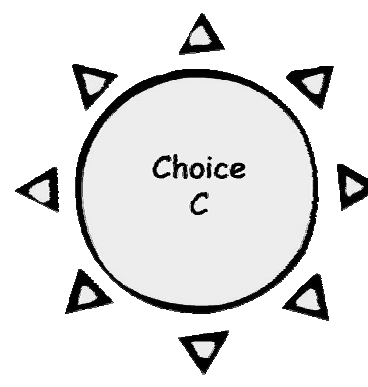
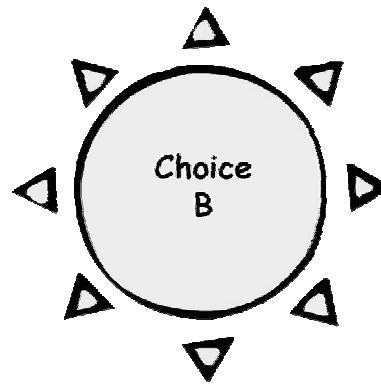
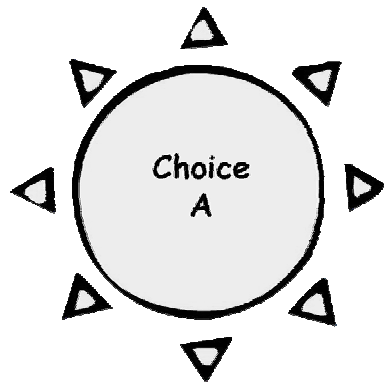
- Principles of self-direction
- Importance of dreams and having choice

# WHAT is self-direction?



Self-direction ensures that individuals with disabilities have the means and the authority to determine what supports and services they need to be successful in the community.

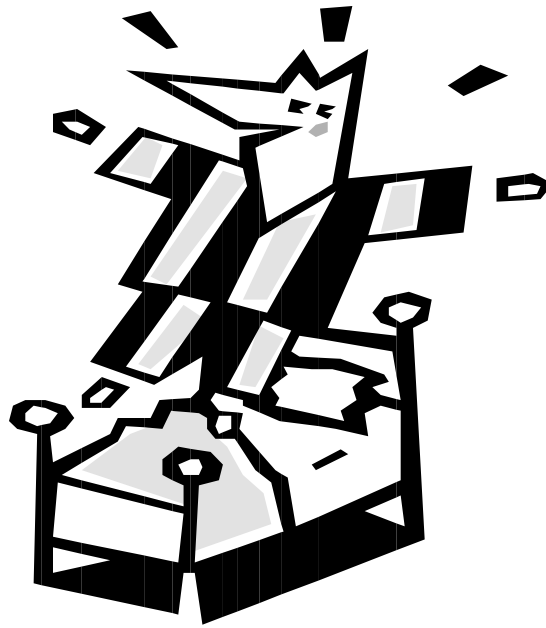




It's about  
choice...



# Activity #1



## Morning Routine



# Important choices...



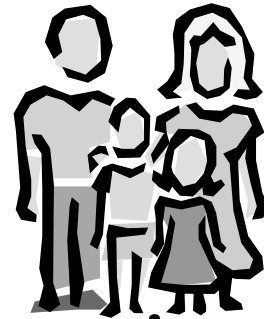
Live



Play

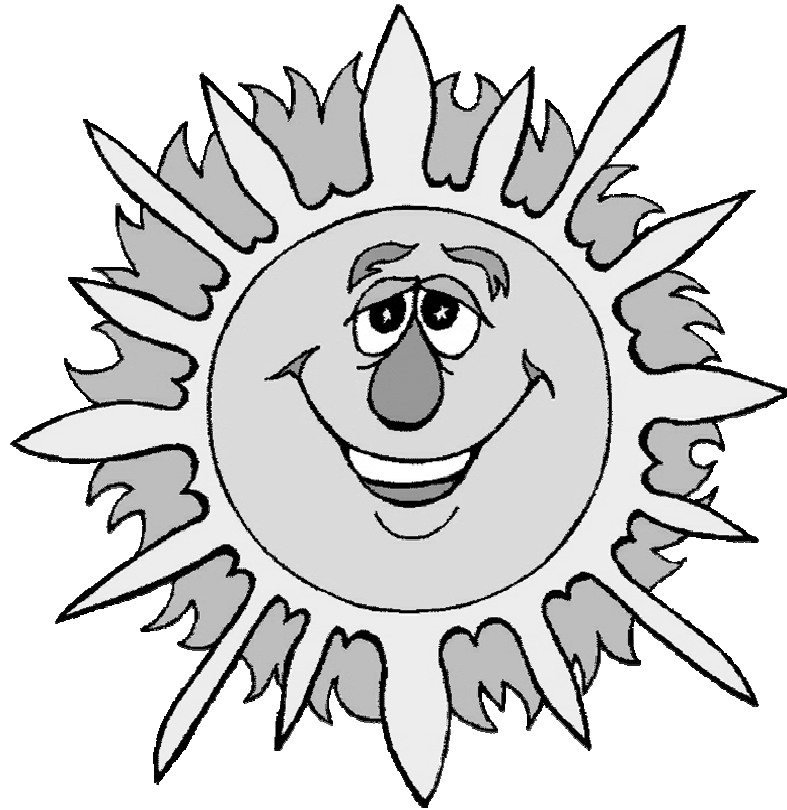


Work

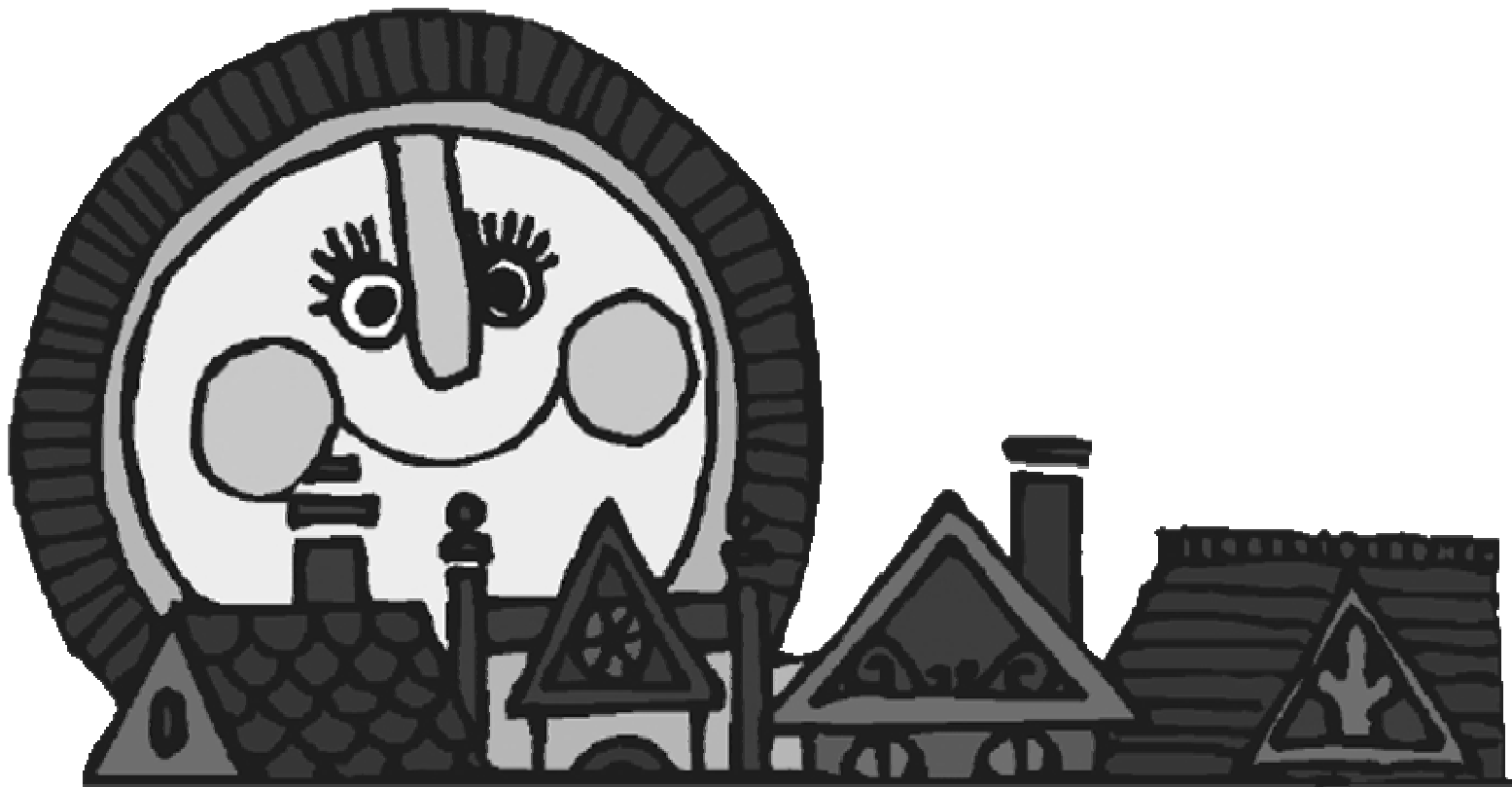


People in  
Your Life

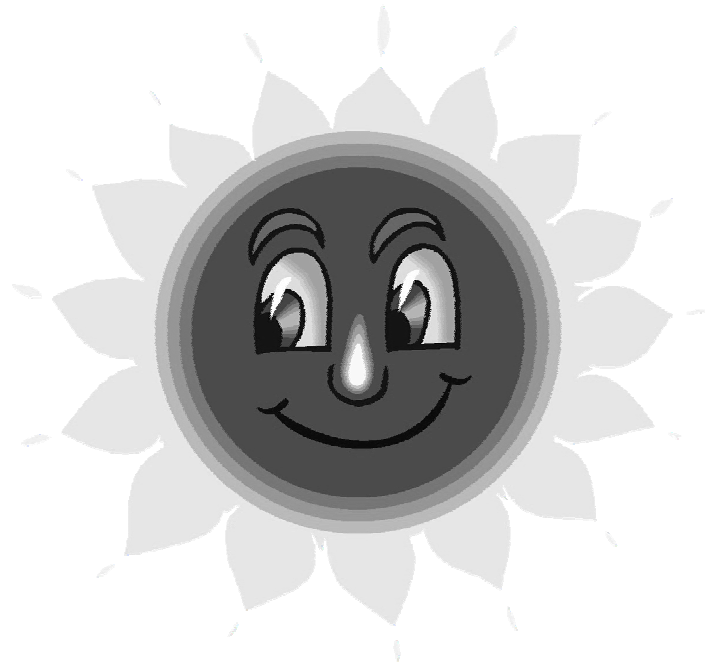
Self-direction is about  
control...



It's about  
community...



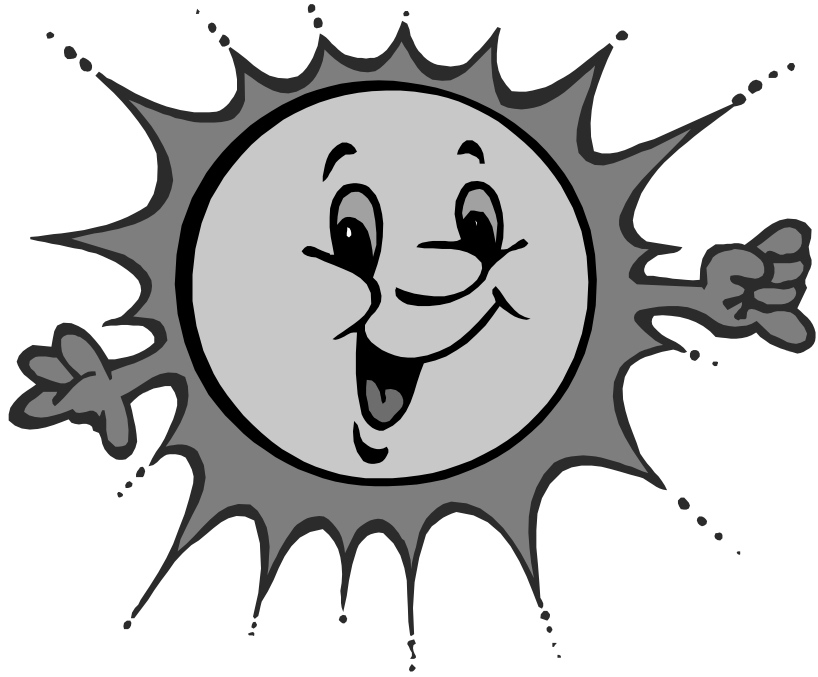
# Self-direction's **FIVE PRINCIPLES**



- FREEDOM
- AUTHORITY
- SUPPORT
- RESPONSIBILITY
- CONFIRMATION

Self-  
direction is  
also about  
dreams.



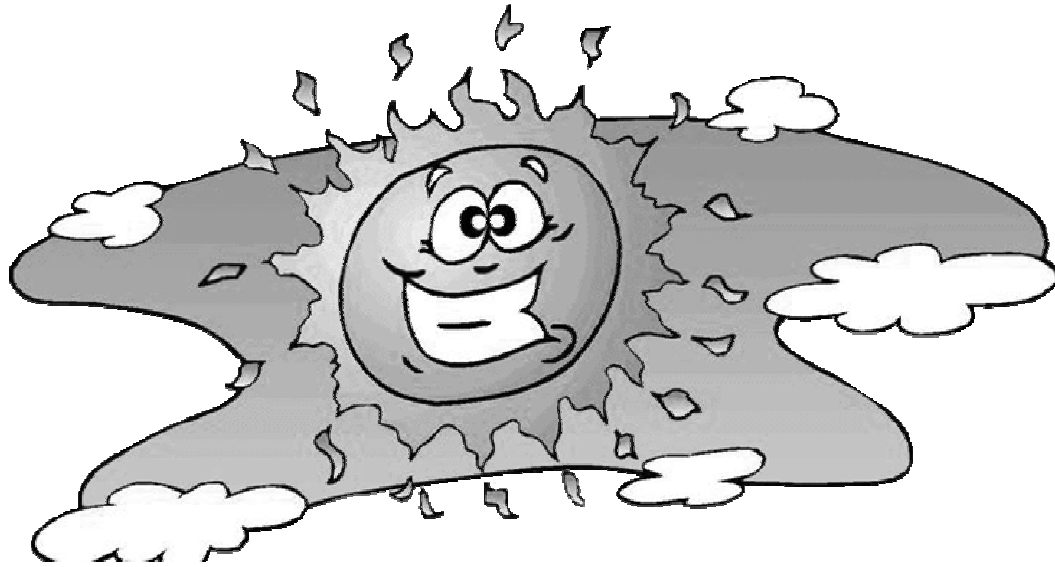


## Activity #2

Dreaming Out Loud

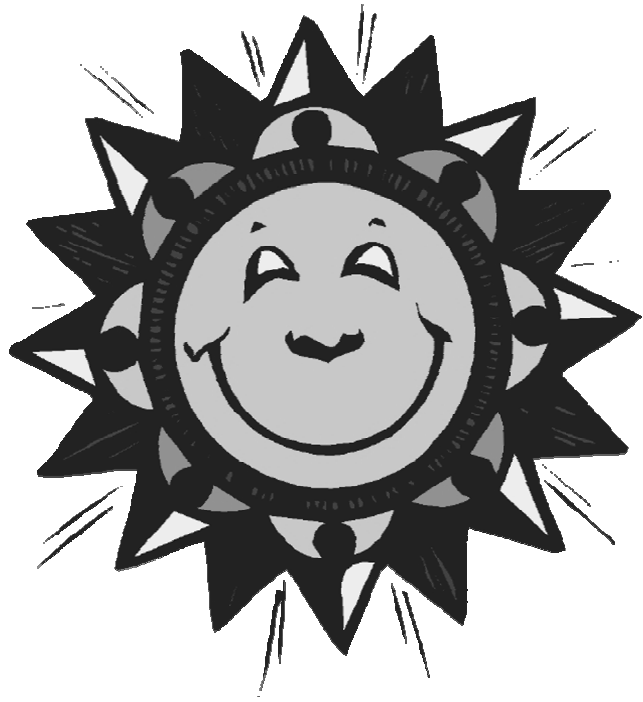
Statements-  
yes or no?





1. Was there a lot of agreement?
2. What does this tell us about ourselves?

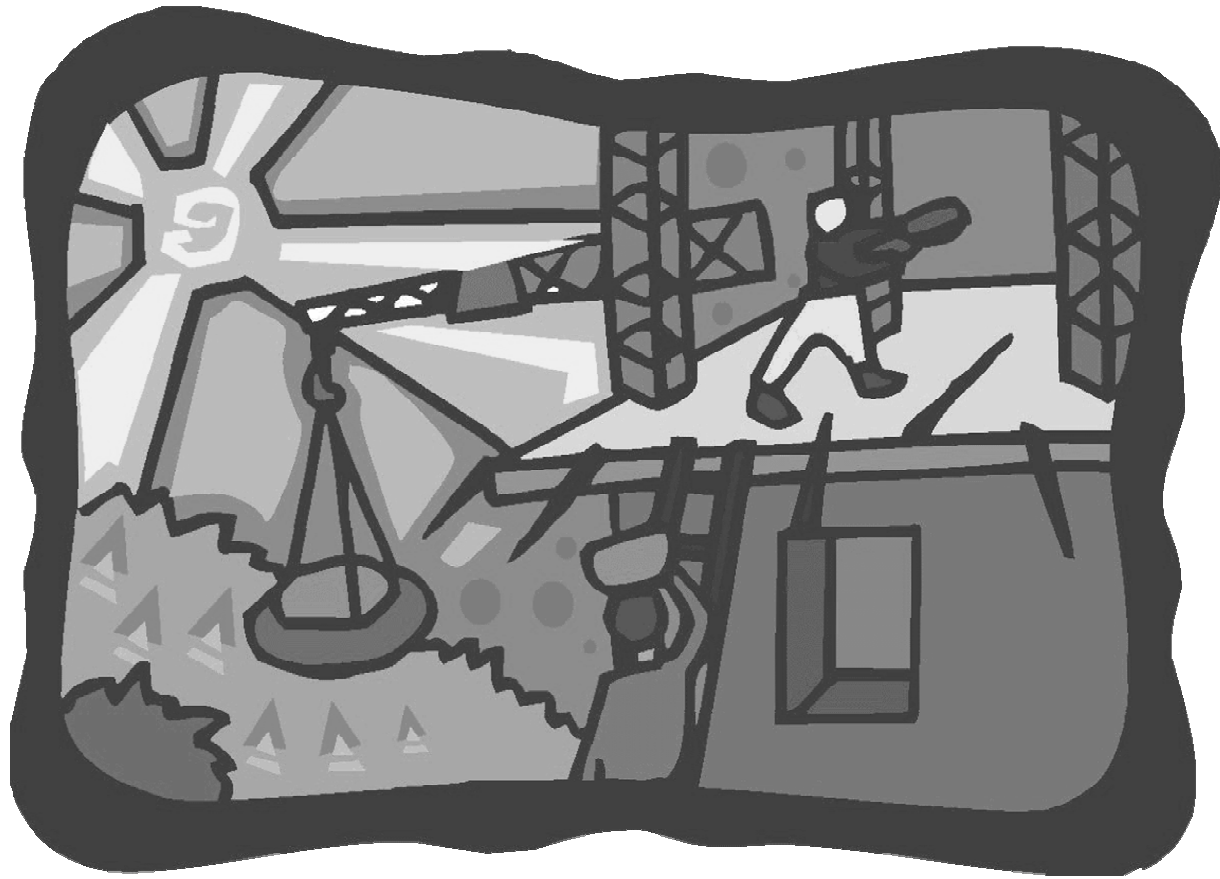


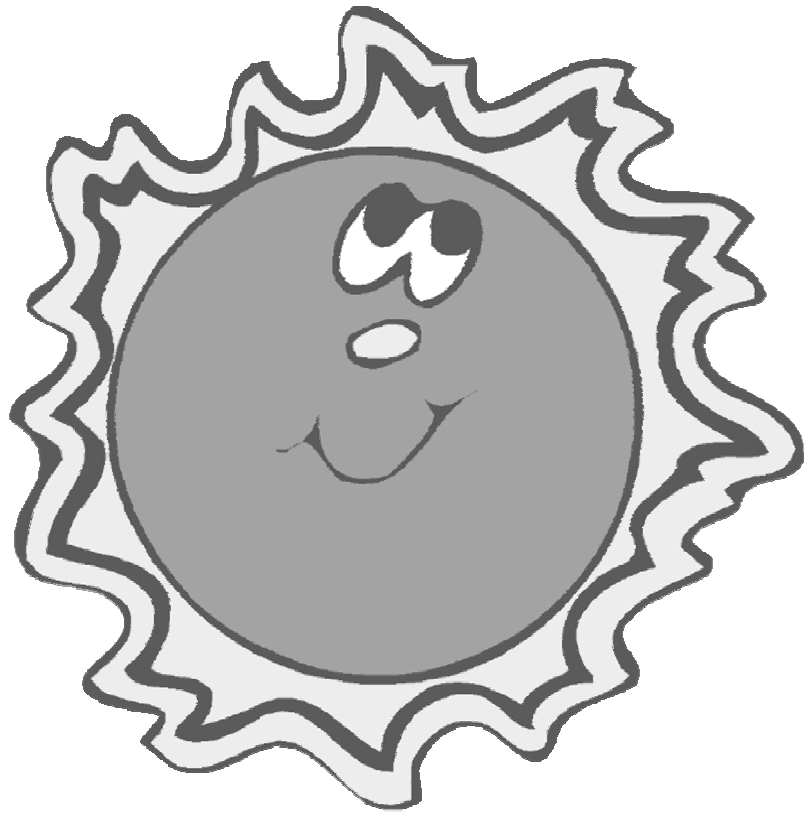


## Activity #3

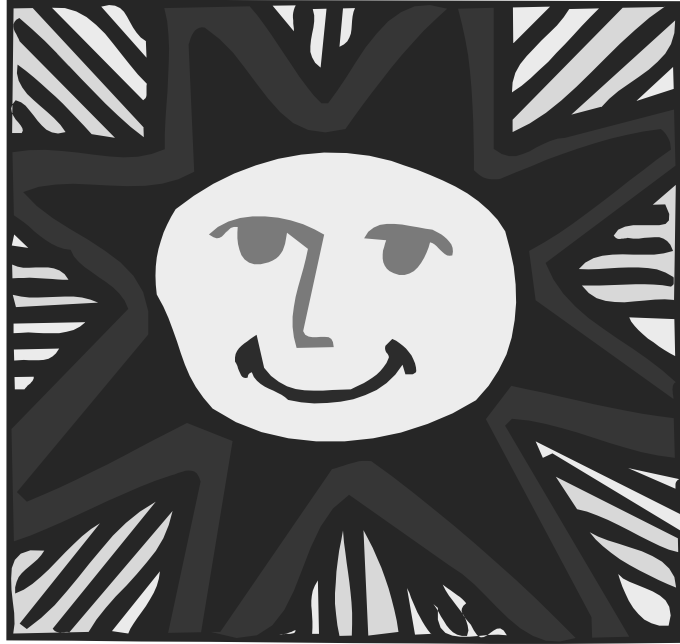
Drawing Your Dreams

# BUILDING ON DREAMS





How  
important is  
self-  
direction to  
people with  
disabilities?



**Share your thoughts  
with us...**