Research Highlights

Topic: Self-Determination


**BOTTOM LINE**

A self-determined person can be defined as one who charts his or her own fate without compulsion. Many people have misunderstood that self-determination is relevant for individuals with significant disabilities. This article explains that self-determination is a basic right that everyone, including people with significant disabilities, should be able to experience. This increased self-determination can lead to an improved quality of life.

**TIPS**

- Self-determination should not be limited to independent actions. Instead, the focus should be on providing adequate supports for individuals with disabilities so that they may participate fully in the decision-making and problem-solving process.

- Self-determination is a factor that is developed by making decisions, evaluating the effects of choices, and adjusting the strategy or behavior. As with any skill, practice will enhance the development of self-determination.
KEY FINDINGS

· Individuals with significant disabilities can successfully self-regulate and self-manage their own behavior and be self-determined with the proper education.

· Goals of self-determination for the significantly disabled focus on increasing causal agency, maximizing participation within their communities and own lives, and ensuring the presence of proper social supports.

METHOD

· A review of self-determination as a concept, including misconceptions about what the term means for those with significant disabilities, is included in the full text of this article.

· An analysis of the review identifies clear misinterpretations of self-determination and how this has affected the self-determination of the significantly disabled.

RELATED PUBLICATIONS


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