Self-Determination

An Easy Read Guide

based on The Developmental Disabilities Assistance and Bill of Rights Act of 2000

Self-determination means you have the right to make choices about your life.

You can decide if you want to have someone help you make choices.

Or you can decide that you do not want help making choices.

Self-determination means you can make choices about where you live and who you live with.
Self-determination means that you can make decisions about what you eat or how you spend your time.

You can make decisions about how you spend your money.

Self-determination means that you can decide if you want to do things like work, volunteer or spend time with friends.

Sometimes it can be different if you have a guardian, but self-determination usually means that you can decide what you want for yourself.