

Self-Determination

ADDITIONAL RESOURCES

Contact your Service Coordinator or Support Coordinator for more information and to be involved in self-determination.

For more information on topics discussed in this fact sheet, contact

The Arc of Frederick County.

Phone: 301-663-0909

www.arcfc.org



WHAT IS SELF-DETERMINATION IN MARYLAND?

Starting with an initiative in 1997, Maryland has promoted self-determination. Self-determination helps support people with developmental disabilities in their communities in lives they have chosen.

Self-determination is:

- taking control of your life
- thinking and learning about choices you have and trying out these choices
- making and following through on goals with a vision of your future
- knowing where to get or having information to make good decisions
- having supports and services that help you achieve your goals and choices
- changing your goals and choices when you need to
- having the power to exercise adult rights and responsibilities
- having the opportunity to be active in the community
- deciding how to spend the money that supports you

Maryland is building towards a person directed system that:

- plans and coordinates flexible supports and services that help people live their dreams
- determines quality by asking people if they are happy with the supports and services they receive and if they have outcomes they want
- supports people and their families to decide on how to spend budgeted funds
- pays for supports and services a person wants, needs, and receives rather than only paying for existing program models

“You get what’s worth getting.”

A comment from a self-advocate about self-determination.

These Fact Sheets are designed to provide general information only and are not designed to substitute for the assistance of a Service Coordinator or Support Coordinator.