

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.