

The use of self-determination with supported decision-making

What is self-determination?

Self-determination is being able to ask for help when you need it. Benefits include independence, employment, and community integration.

What is supported decision-making?

Supported decision-making is making decisions while getting help from people you trust when you need it. It is a way to think through the issue and clear things up. They give you support, so you can decide.

How to ask for help?

Use “I” statements, speak for yourself. Work with people you trust, take action, and follow through. Be confident while asking for the help!

Put it into action

Ask your school to start working on self-determination. Work with your IEP team and review self-determination goals. You have a right to review any educational needs for your benefit.

Transition Services

Transition services start no later than 16 years old. Start preparing for your life after you leave high school.

Where can I get services?

You can receive services at Disability Rights Idaho; our two offices are in Boise, ID and Pocatello, ID.

Our Boise Office is located at 9542 W Bethel Court, Boise, ID 83709. Our Pocatello Office is at 1246 Yellowstone Avenue Suite A-3 Pocatello, ID 83201-4374.

You can call our Statewide Toll-Free Number at 1-866-262-3462 or our office number at 208-336-5353. Our fax number is 208-336-5396. You can also send an email to info@disabilityrightsidaho.org.