

## TILES PARTNERS

Florida Department of Education/Bureau of  
Exceptional Education & Student Services  
(850) 245-0505 • [www.fldoe.org](http://www.fldoe.org)

Florida Department of Education/  
Division of Vocational Rehabilitation  
(800) 451-4327 • [www.rehabworks.org](http://www.rehabworks.org)

The Transition Center  
(352) 392-0107 • [www.thetransitioncenter.org](http://www.thetransitioncenter.org)

Disabilities Relations Group (DRG)  
(727) 523-1000 • [www.drgglobal.com](http://www.drgglobal.com)

Redlands Christian Migrant Association (RCMA)  
(941) 658-3560 • [www.rcma.org](http://www.rcma.org)

WorkNet Pinellas  
(727) 507-4300 • [www.worknetpinellas.org](http://www.worknetpinellas.org)

The ABLE TRUST  
(888) 838-ABLE (2253) • [www.abletrust.org](http://www.abletrust.org)

Professional Development Partnership  
(727) 873-4853 • [www.stpt.usf.edu](http://www.stpt.usf.edu)

Caring and Sharing Center  
for Independent Living (CASCIL)  
(727) 577-0065 • [www.cascil.org](http://www.cascil.org)

Advocacy Center for Persons  
with Disabilities, Inc.  
(813) 233-2920 • [www.advocacycenter.org](http://www.advocacycenter.org)

Florida Independent Living Council, Inc. (FILC)  
(877) 822-1993 • [www.flailc.org](http://www.flailc.org)

Florida Alliance for Assistive Services  
and Technology (FAAST)  
(850) 487-3278 • [www.faaast.org](http://www.faaast.org)

VSA Arts of Florida  
(813) 975-6972 • [www.vsafl.org](http://www.vsafl.org)

Florida Coalition for the Education of Individuals  
with Developmental Disabilities  
(561) 912-1231

disAbility Solutions for Independent Living, Inc.  
(386) 671-1960

Collier County Office  
of Exceptional Student Services  
(239) 377-0130

<http://www.collier.k12.fl.us/CandI/ese/index.asp>



2735 Whitney Road  
Clearwater, FL 33760

## TIP SHEET



TRANSITION, INDEPENDENT LIVING, EMPLOYMENT & SUPPORT

SELF-DETERMINATION



A Project of  
**Family Network  
on Disabilities of Florida, Inc.**

2735 Whitney Road • Clearwater, FL 33760  
(800) 825-5736 • (727) 523-1130 • Fax (727) 523-8687  
Email: [tiles@fnfdfl.org](mailto:tiles@fnfdfl.org) • [www.fnfdfl.org](http://www.fnfdfl.org)

## The National Center on Self-Determination

defines self-determination as the ability of individuals to make the choices that allow them to exercise control over their own lives, to achieve the goals to which they aspire, and to acquire the skills and resources necessary to participate fully and meaningfully in society.

## Practice Self-Determination Early and Often

Students who demonstrate self-determination skills while in school have a greater chance for achieving post-school outcomes than students who do not acquire these skills. Examples of self-determined behaviors include:

- Making one's needs known to others
- Evaluating progress towards meeting one's goals
- Adjusting one's performance based on situations
- Creating new approaches to solve problems

## Gain Control of Your Life

Repeated opportunity builds experience, and experience helps develop self-determination skills so a person can learn to gain control over major events in their life. Without strong self-determination skills, individuals with disabilities generally experience much higher levels of unemployment or underemployment.

## Promote Self-Determination

Help the individual to understand his/her disability. Explore and share information on ways other people with similar disabilities have been able to meet with success.

## Establish Career Goals

Participate in paid and/or non-paid work experience to explore employment options and interests. Use Dare to Dream to help identify career interests and goals. *(See Additional Resources for more information about Dare to Dream.)*

## Respect the Individual's Opportunities to Act on His/Her Decisions

Cultivate active, meaningful participation opportunities ranging from "what to wear" to developing Transition IEP's.

## Identify Supports That May Be Necessary to Learn Self-Determination Skills

For example, many individuals with significant disabilities do not know how to travel around independently; Travel Training could help promote greater independence and self-determination. *(See Additional Resources for more information about Travel Training.)*



TRANSITION, INDEPENDENT LIVING, EMPLOYMENT & SUPPORT



## Additional Resources

*(Referenced resources are available in alternate formats upon request)*

### The Southern Movement for Independence (SMI) -

an organization dedicated to promoting the self-determination of individuals with developmental disabilities in Florida  
P.O. Box 38550, Tallahassee, FL 32315-8550.  
**Phone:** 850-386-2022  
<http://www.southernmovement.org/index.cfm>

### Center for Self-Determination

Technical assistance to individuals and organizations attempting to change their systems of support based upon the principles of self-determination  
401 East Stadium Boulevard  
Ann Arbor, MI 48104  
**Phone:** 734-213-5220  
<http://www.self-determination.com/index.html>

### NICHCY -

### Travel Training National Dissemination Center for Children with Disabilities

Publication available for download:  
<http://nichcy.org/pubs/transum/ts9.pdf>

### Dare to Dream

<http://www.fldoe.org/ese/pdf/dream.pdf>