



Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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[Animated video on Self Determination](#)

[Video Link](#)

Making Your Own Choices



Self-determination is a fancy way of saying that you have the freedom to make your own choices. If you are a teen, living at home, you still have to follow the rules. But, as you get older you will have more opportunities to set off on your own path. Make sure that you are ready for all the big decisions by checking out the resources in our newsletter and call Nick and Davis if you have questions.

Charting the Life Course is a framework used nationwide, to help individuals determine the life they want, and create the plan to get them there. We have provided you with a link to one of their activities below - but don't stop there - check out their other tools and plan your "Good Life."

Self-Determination

Self-Determination is having the ability and ambition to make your own choices and manage your own life. It is about being in charge of your own life, but it isn't quite the same as being independent or self-sufficient. Self-Determination requires you effectively identify and solve problems, set goals, follow plans to reach the goals you set and take responsibility. Self-Determination is a skill that must be learned and developed.

What is it?

- Internal desire for growth and independence.
- Ability to set goals, make and follow a plan
- Ability to self-advocate

Requirements

- Internal desire for growth and independence.
- Ability to set goals, make and follow a plan
- Ability to self-advocate

What that means...

Desire for growth and independence

- You want to make your own decisions
- You understand your disability and how it affects you

Set goals

- Gather options
- Decide what you want
- Know your strengths
- Know and understand barriers

Follow the plan

- Follow the steps
- Assemble support system
- Family
- Peer Mentor
- Teacher

Make a plan

- Use your strengths
- Problem-solve the barriers
- What do you need to achieve your goals?
- Know the supports you need and how to access them
- How long will your plan take?
- Break it into steps

GOAL ATTAINMENT | PLANNING AND TRACKING SUCCESS

GOAL: _____

DETERMINATION SCALE	SUCCESS SCALE	STRATEGIES	SUPPORTS	START DATE	TARGET END DATE
Describe what overall success would mean for you for this goal.	★★★★★				
Describe what success would mean for you for this goal.	★★★★				
Describe what success would mean for you for this goal.	★★★				
Describe what success would mean for you for this goal.	★★				
Describe what success would mean for you for this goal.	★				

Successes: What's not working? _____

Barriers: What's not working? _____

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TOOLS FOR INCLUSION

Starting with Me: A Guide to Person-Centered Planning for Job Seekers

by Melanie Jordan, Amanda Swales Yager, Lara Erwin-Dowsey, Jennifer Fike, Marianne Glimco, Laurie Tautou

Introduction

Work is an important part of life. People with and without disabilities benefit from working. Work can bring financial independence, increased self-confidence, personal growth, skill development, and a better social life. Perhaps you would like to work, but your family, friends, or support people in your life haven't encouraged you to do so. Maybe you are not certain if you can work or what kind of work might be right for you. This is a guide for you. This guide reviews a three-stage career development process. Career development is an approach to help you make satisfying job choices. One part of career development is person-centered planning.

In person-centered planning, your preferences, goals, and dreams are the focus. A person-centered approach does not mean you have to tackle career development all by yourself. It means that anyone who helps you in your career search respects your wishes and helps you to focus on your skills and abilities.

Career development is an ongoing process. Finding satisfying work doesn't usually just happen by applying for a job in the newspaper or online. The process involves several stages—and it all begins with you.

The Career Development Process

READY?

Start with yourself.

- Who are you? Identify your skills, interests, needs, and goals.

GET SET.

Learn what's out there.

- What type of work is a good fit for you?
- What is available in your community to help you reach your goal?

GO!

Put your plan into action.

- What steps can you take to find fulfilling work?

What is important to me in a job?

Sample answers: Friendly work environment; help from a supervisor who knows me well; opportunities to learn new skills; located near public transportation; pays well; flexible hours; challenging.

Institute for Community Inclusion
University of Massachusetts Boston

One of the most important goals for everyone at KY-SPIN is that people with disabilities are given the chance to make their own choices, follow their own dreams, and claim their own successes. So we take Self-determination seriously. Check out our infographics, videos and other resources on how you can start early in taking control of your own destiny.


[CLICK HERE!](#)

The Institute for Community Inclusion works hard to make sure that people with disabilities can do the same things as people without them. In this booklet you will see how you can use Person Centered Planning for job hunting and read about people just like you, who were able to get the job they wanted using the right skills.

[CLICK HERE!](#)

[CLICK HERE!](#)

[Check out our KY-SPIN Youth Resources Page](#)




Davis Rodriguez
Youth Engagement Coordinator

"I like to work on my self-determination and life goals by listening to educational audiobooks during my downtime from work."

Nick Carpenter
Youth Educator

"When it comes to self-determination, you should shift your focus from what your disability limits you from doing to embracing activities you find pleasure in."



Coming Next Month.....

You said it ... and we heard you! Self Advocacy is the topic for next month's Youth enews, so keep an eye out. You do not want to miss all the information and resources that we have for you!



Transition Tuesday Webinars will be taking a break till September!

If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers

Learn more about us [KY-SPIN Infographic](#)
REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com
[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here \(https://tinyurl.com/4t2evb59\)](https://tinyurl.com/4t2evb59)



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