

## **Information from Service Coordination**

# **Self-Direction**

**Starting with an initiative in 1997, Maryland has been involved with promoting self-direction. Self-direction is a way of life that people without disabilities take for granted.**

### **Self-Direction is:**

- Taking control of your life
- Thinking and learning about choices you have and trying out these choices
- Making and following through goals with a vision of your future
- Knowing where to get or having the best information to make good 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

### **Service Coordination helps to promote self-direction in these ways:**

- Develops Individual Plans based on personal preferences
- Supports local and state self-advocacy groups
- Supports all of the individuals we serve to make choices and learn about their rights

For more information about self-advocacy groups:

Visit [www.selfadvocacyonline.org](http://www.selfadvocacyonline.org)

This website is targeted to those who are just learning about their own rights and responsibilities as well as to those who participate in organized self-advocacy groups and activities.

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