

# SELF-DETERMINATION

Self-determination is an important component of Person-Centered-Planning and the wraparound process, both of which are described in the following sections. According to the PACER's National Parent Center on Transition and Employment:<sup>1</sup>

Self-determination is believing you can control your own destiny. Self-determination is a combination of attitudes and abilities that lead people to set goals for themselves, and to take the initiative to reach these goals. It is about being in charge, but is not necessarily the same thing as self-sufficiency or independence. It means making your own choices, learning to effectively solve problems, and taking control and responsibility for one's life. Practicing self-determination also means one experiences the consequences of making choices.

*For more information visit <http://www.imdetermined.org/>*

## References

- <sup>1</sup> National Parent Center on Transition and Employment. (n.d.). *Self-determination*. Retrieved from <http://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp>

## Resources

- **PACER'S National Parent Center on Transition and Employment**  
<http://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp>
- ***I'm Determined***  
<http://www.imdetermined.org>