

# Self- Determination

How we support self-determination  
and self-advocacy through a  
neurodiversity affirming framework

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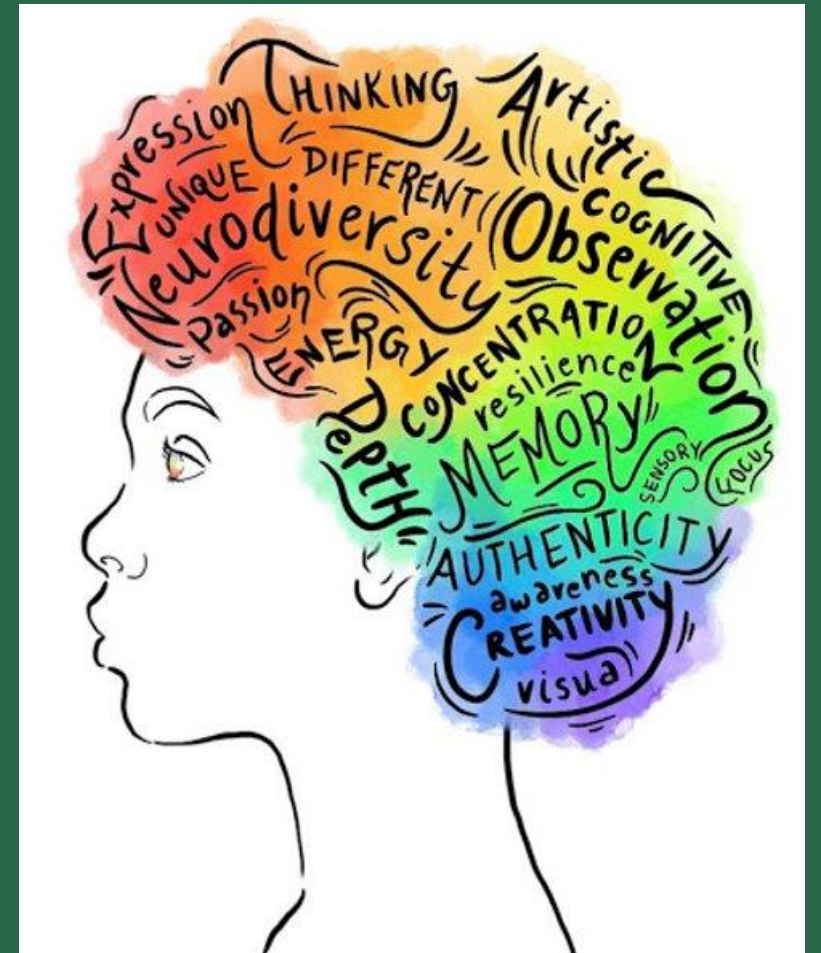
# Objectives

- How to create neurodiversity affirming spaces at home
- What self-determination means and what it looks like for my child
- How to support self-advocacy and self-determination through the IEP process and beyond



IVY  
STREET

# What is neurodiversity?

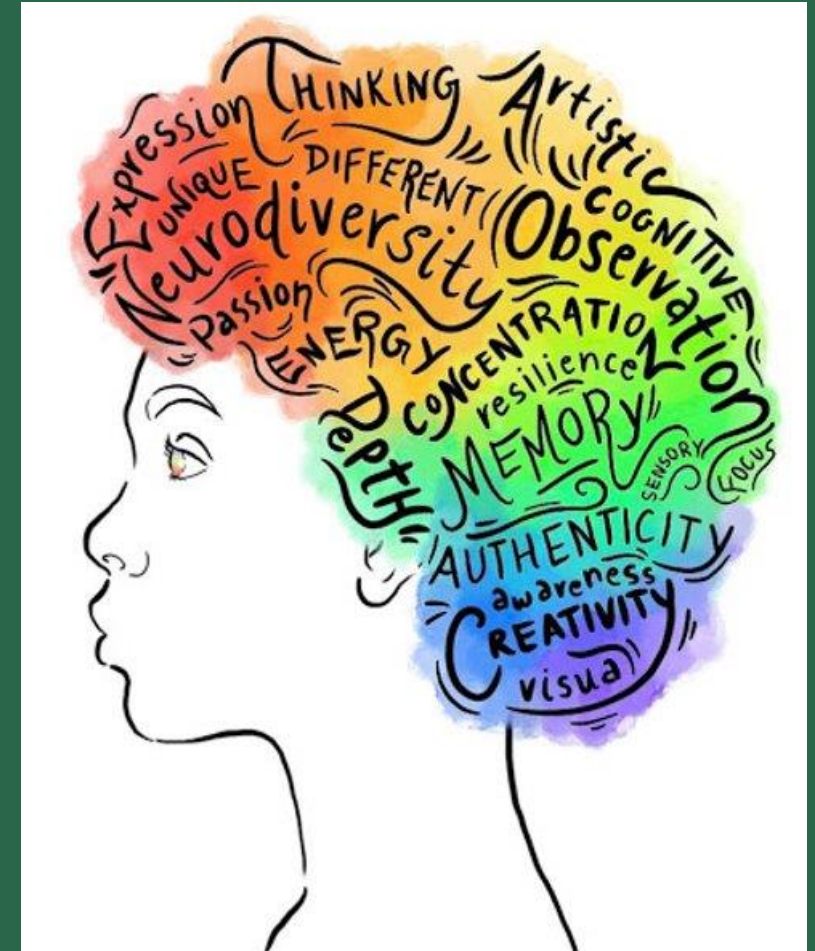


# Neurodiversity

Individual differences in brain functioning regarded as normal variations within the human population.

Diversity of human minds

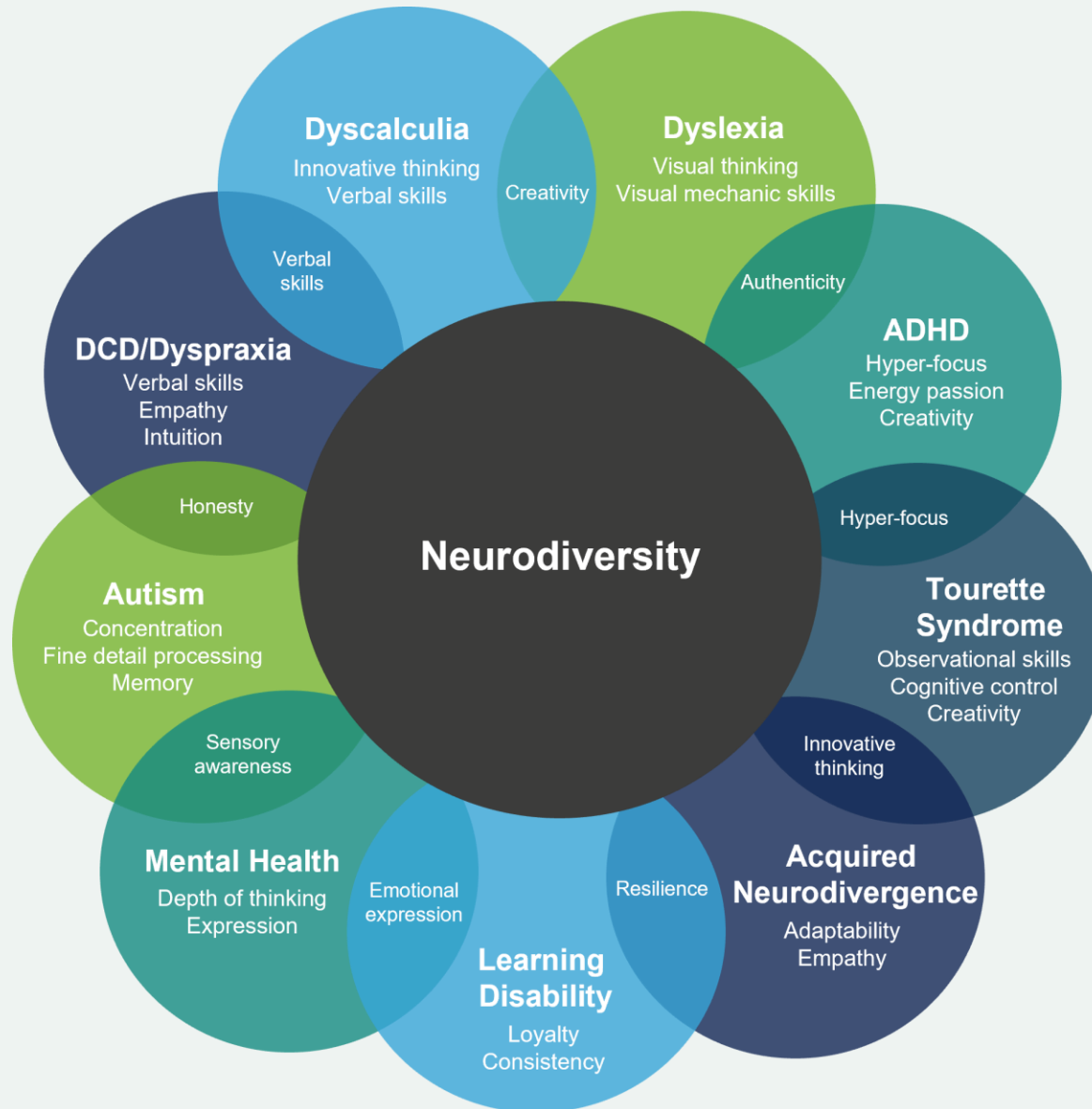
The concept that differences in brain functioning within the human population are normal and that brain functioning that is not neurotypical should not be stigmatized.



# Simplified...

- Our brains are different (just like our bodies are different)
- Different is not bad





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# What it means to be neurodiversity affirming

- Strengths based approach
- Presume competence
- Providing access and honor to all forms of communication
- Prioritize regulation and attachment over student compliance
- Honor refusals and "no"
- Advocate for disability rights
- Honor communication and sensory differences
- Affirm and celebrate identities

# What this looks like...

## At school...

- Using baking to target reading comprehension, following directions, executive functioning, etc.
- Taking time to get to know students before jumping into "work"
- Giving students opportunities to try new things even if they may fail – dignity of risk
- Modifying environments for optimal learning – alternative seating, technology to read aloud/scribe, breaking down assignments, etc.

## At home....



# SELF DETERMINATION

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graph TD; A[SELF DETERMINATION] --> B[SELF-ADVOCACY]; A --> C[GOAL SETTING]; A --> D[DECISION MAKING]; A --> E[SELF AWARENESS];
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**SELF-  
ADVOCACY**

**GOAL  
SETTING**

**DECISION  
MAKING**

**SELF  
AWARENESS**

**IS**

**IVY  
STREET**

# Vision Statements

## **Living:**

- Where?
- With who?
- With what kind of support?
- How will you pay for your living expenses

## **Working:**

- Where or in what type of job:
- How often / how many hours a week?
- With what kind of support?
- How much money will you be making?

## **Learning:**

Do you want to attend college or participate in trainings?

- What kind of classes will you take?
- Where?
- What kind of supports would you need?

## **Community and Leisure:**

- What will you do in your free time?
- Who will you spend your time with?
- How will you get around?
- What type of supports will you need?



# Vision Statements Continued

## **Health & Wellness:**

- How will you stay physically healthy?
- How will you support your mental health?

**What are 3 things you would like to get better at this year to get you closer to your goals?**



# Self-advocacy

What you want and what you need is nothing without the ability to ask for it



Questions?

