

Self advocacy start-up toolkit tip sheet

More power, more control over our lives!

The 4 Principles of Self-determination



FREEDOM

People with disabilities have the same rights as everybody else. With help from others, if they need it, they can make decisions about how they want to live their lives. People with disabilities do not need to give up their rights to have supports or services.

AUTHORITY

People with disabilities should have the right to control how the money is spent on their supports and services.

SUPPORT

People with disabilities should receive the supports and services they choose so that they can live within the community. Support and services do not mean that people with disabilities need supervision or staffing.

RESPONSIBILITY

We all have a responsibility to make sure the right supports and services are being offered to make sure people with disabilities are able to live and contribute in their communities.