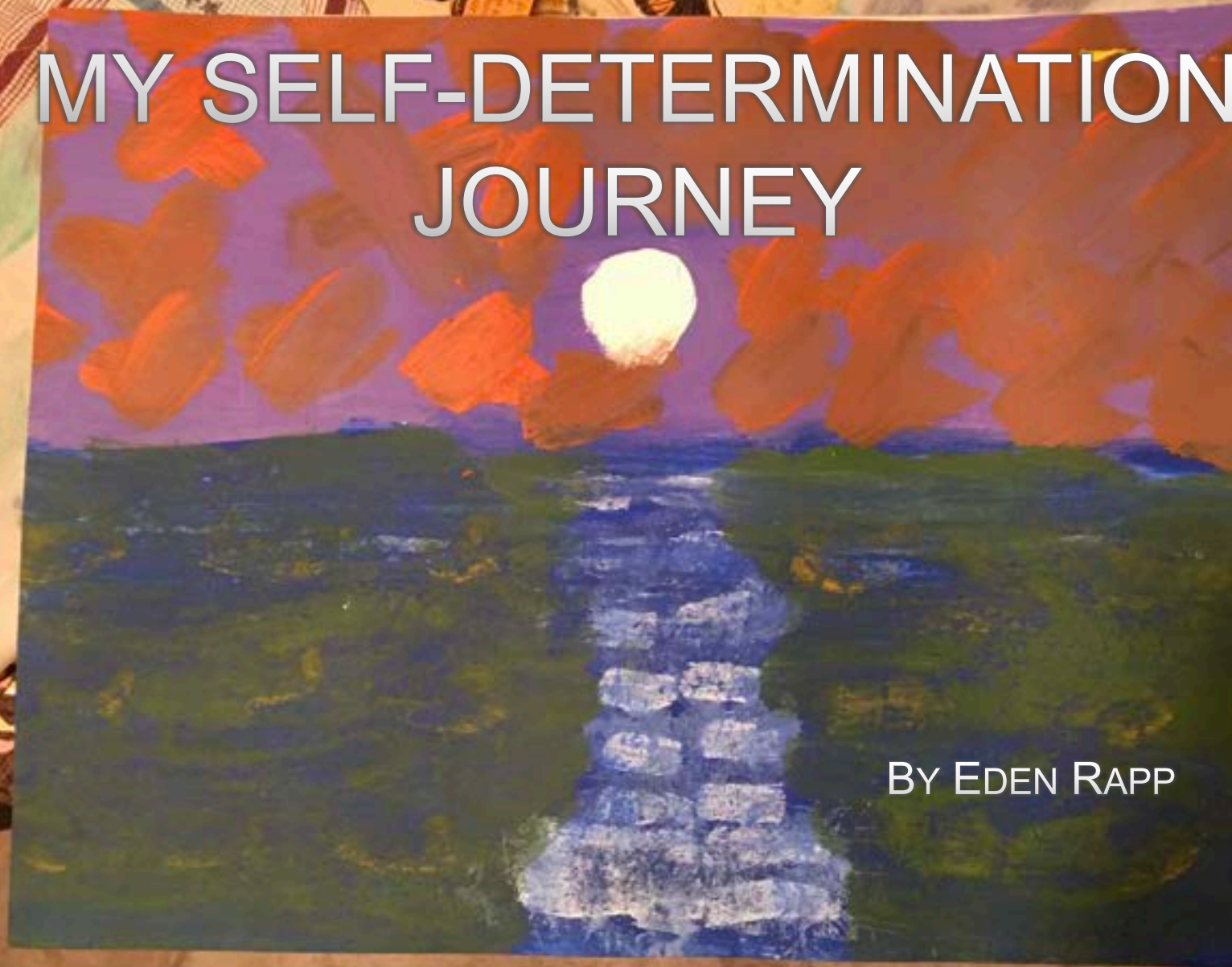


MY SELF-DETERMINATION JOURNEY



BY EDEN RAPP



Self-Determination
is like a fun
rollercoaster ride--



Self-Determination
is like a fun
rollercoaster ride--

a lot of hard work &
fun at the same time

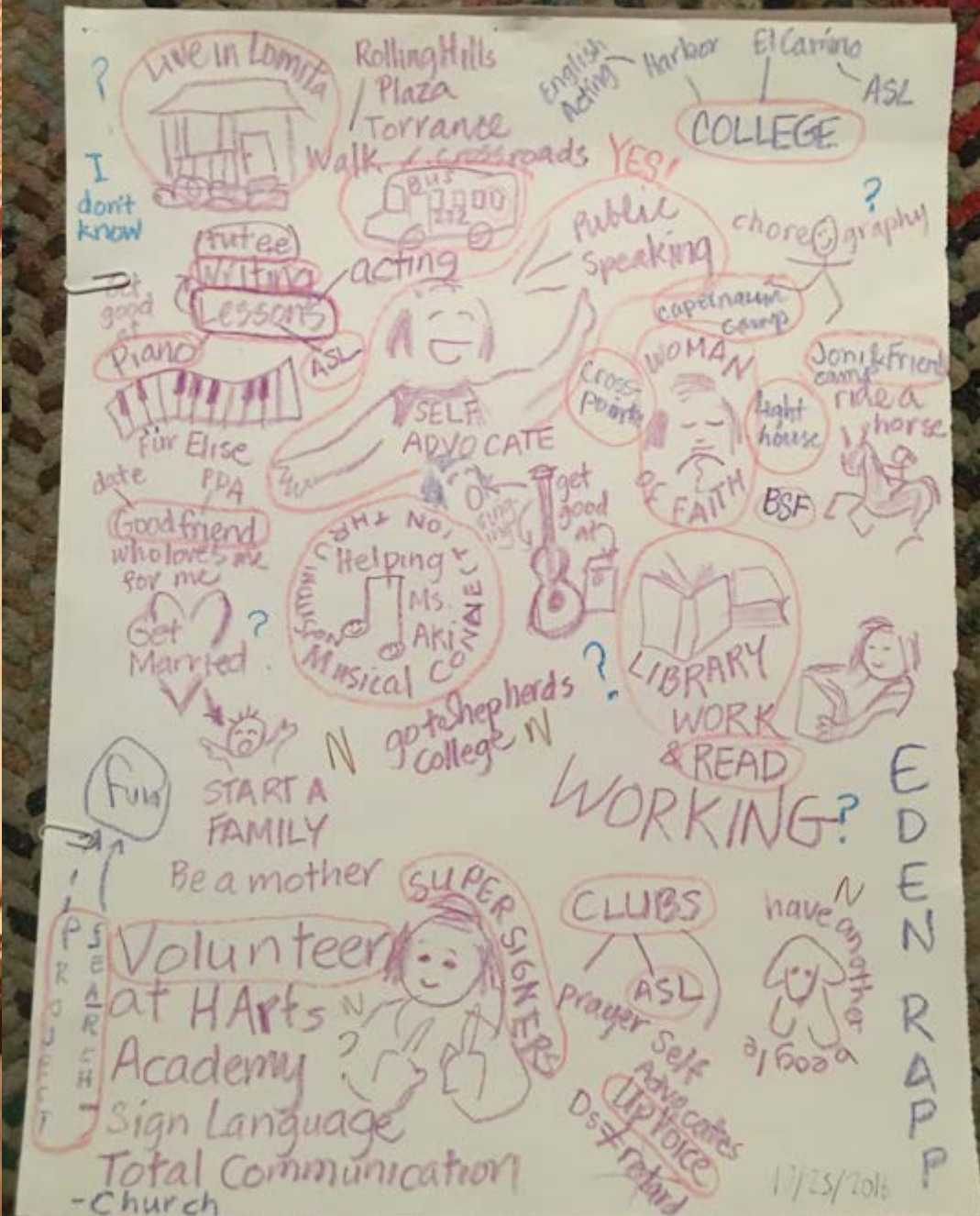
Services before self-determination:

- Respite
- 1 training a year
- job coaching

Plus

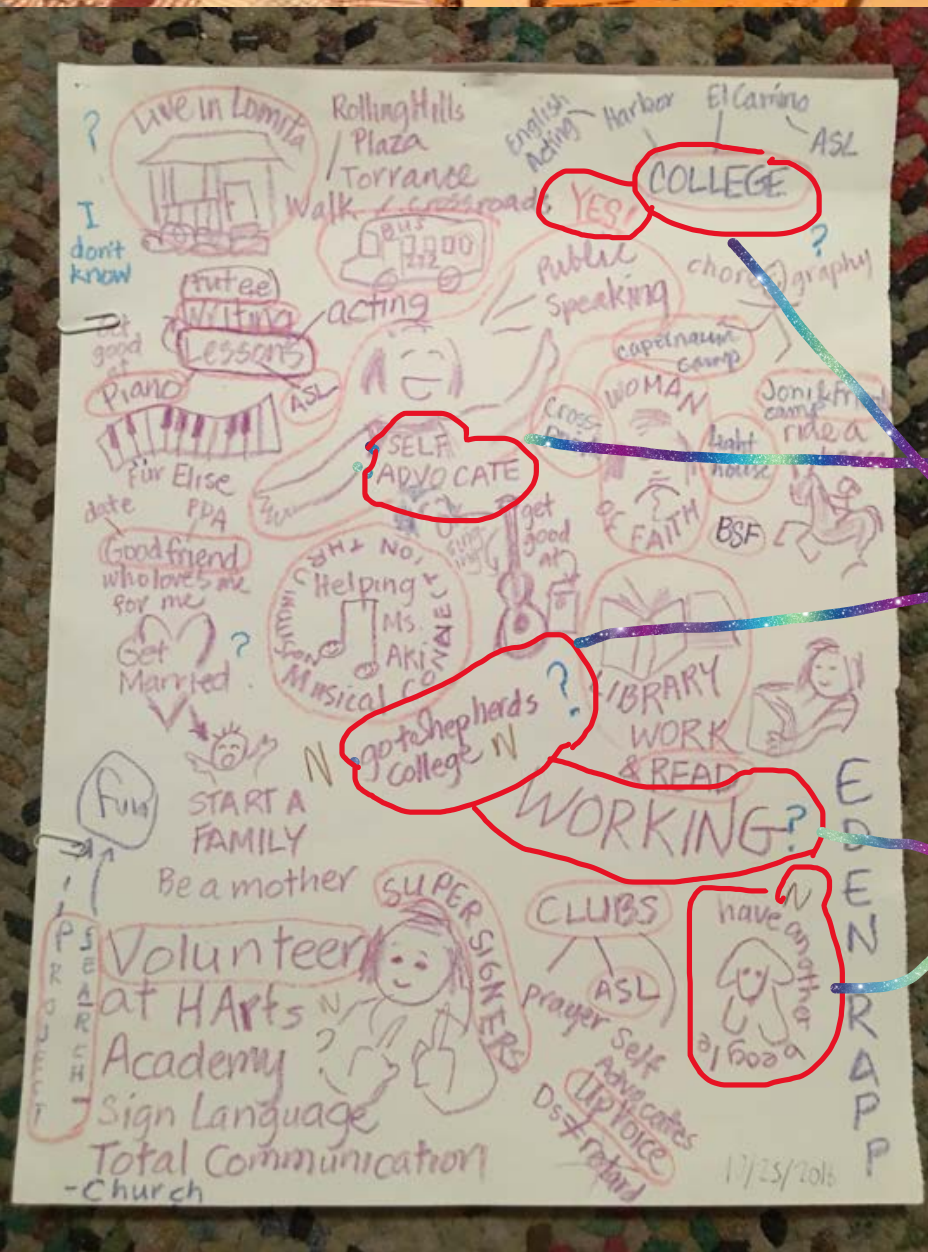
- (Independent Living Skills classes were approved, but I never got off the waiting list)





2017 My very first Person-Centered Plan (with family)

Note: Before SDP began



2017 My very first Person-Centered Plan

- self-advocate – YES
 - go to College – YES ?
 - have another beagle – NO
 - *Work – don't know?*
- And more...

Note: Before SDP began

My Person Centered Plan changes each year as I grow and change.

So in 2018 I added a *Work goal: to have a meaningful job*

2017 – 2018
Project Search:
Office Work Rotation



Note: Before I was chosen for Self-Determination

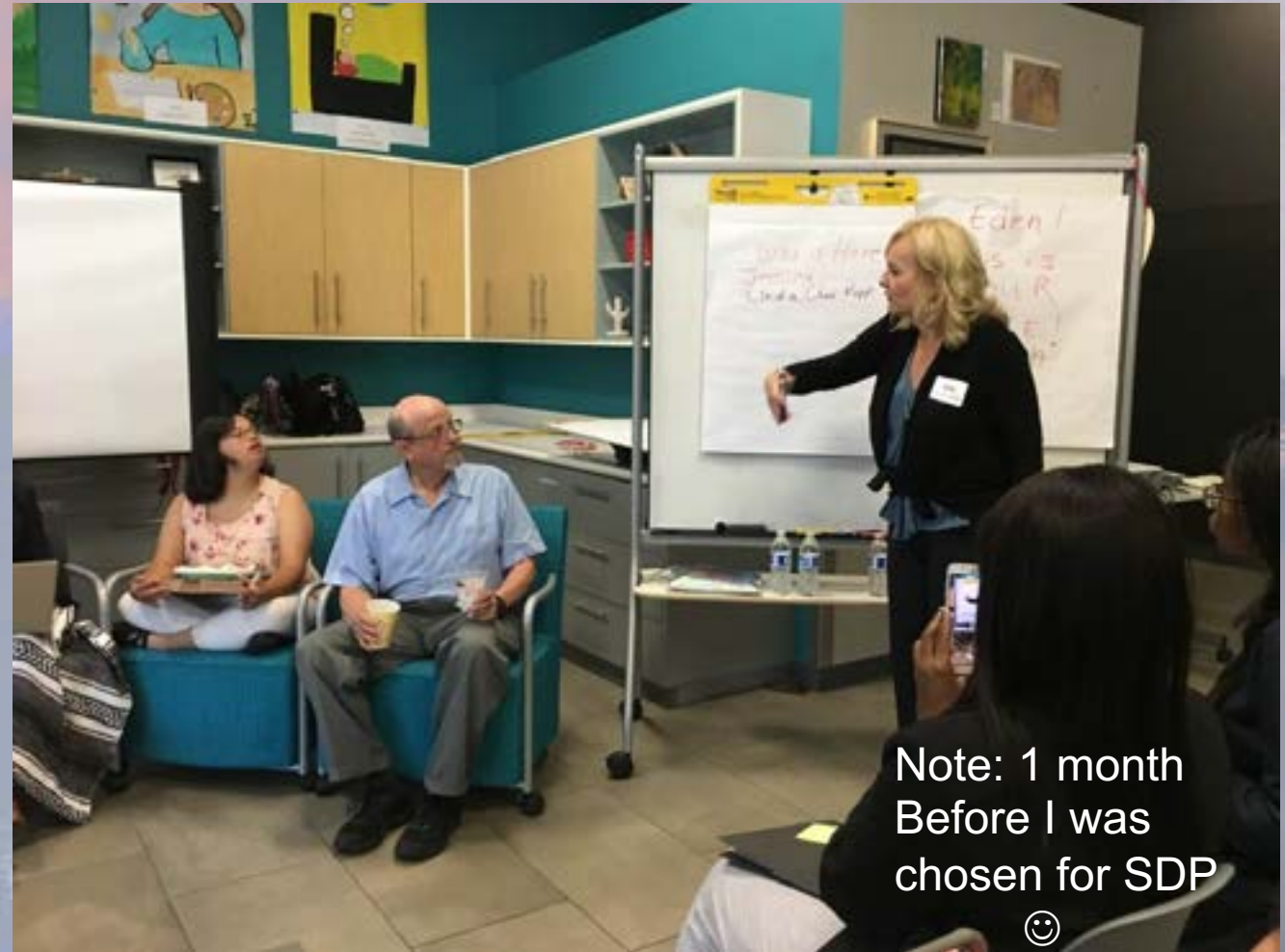
*October 2019
Person-Centered Plan Demo
with Sally Burton-Hoyle*



Note: 1 month Before I
was chosen for SDP ☺

Person Centered-Planning Ground Rules:

- Strengths Lead (focus on the positive)
- Talk and look directly at Eden
- She will let us know what she likes!



Note: 1 month
Before I was
chosen for SDP



2019 – 2021! Person-Centered Plan Goals

To grow in job skills, self-advocacy + leadership, healthy lifestyle, & independent living skills.



Person-Centered Plan, and Certifying the Budget Stories, 2020 - 2023



SPENDING PLAN (2023)

Growing in Independent Living Skills

After vaccines,
bus adventures
with Blanca

(Free) Personal
life coach in faith,
safety, strengths +
boundaries lessons
-- Linda E.

(Free) cooking
adventures with
my Dad

Daily +
Independentt
living skills
classes at
Shepherds
College

Transportation
funds for learning
ride share

Co-researcher job
with Boston
University
Research on Ds

(Free) Rapp
family writers'
group

Registration fees for
two conferences

Growing in Self-Advocacy & Leadership

Advocacy
coaching
sessions with
Deaka

(Free)
co-leading
UpVoice self-
advocate book
club on Zoom

Reg fees for
Toastmasters
speech +
leadership club

Writing
coach – with
Robert

Money math,
and sign language with
John

Growing in Job Skills

Shepherd's
College
culinary arts
major + other
classes

Job Coaching for
me at MOD Pizza
(as needed)



Growing in Healthy Lifestyle

Bowling coach
+ equipment
(ball, drilling,
bag)

Certified
Fitness
coaching in my
backyard with
Beau

(Free) Exercise
class at
Shepherds
College



Living a Self-Determined Life!

My Idea:

Self determination will
change your child's life

Name: _____ Email: _____