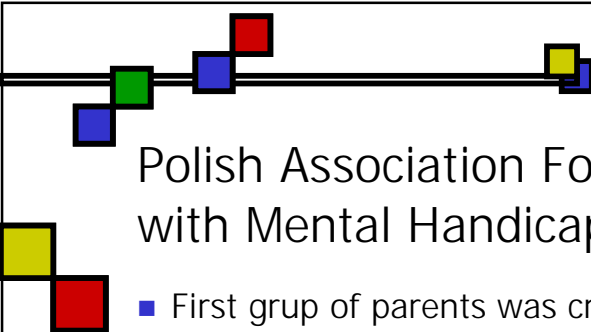




Self-determination and protection can go together!


— — — — —

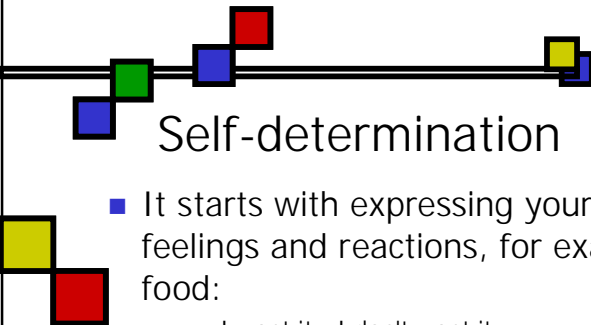
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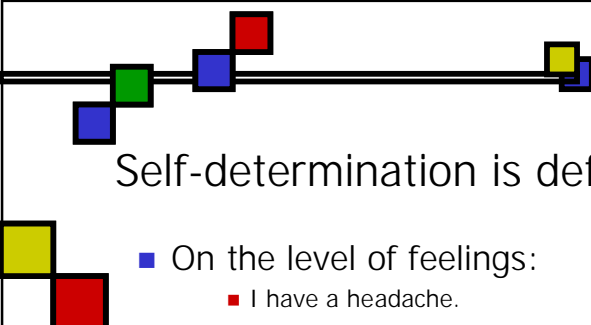


- First grup of parents was created in 1963
- Association has 12,500 members
- 126 Local Group and Main Board in Warsaw
- 402 facilities provide services for 22,000 people with intellectual disability
- 4,200 employees






Self-determination

- It starts with expressing your own feelings and reactions, for example to food:
 - I want it - I don't want it
 - I like it – I don't like it
 - It tastes good – It doesn't taste good
- It starts when a child experiences being an individual, who has his own feelings.
- It starts when somebody speaks:
„I do it myself.“



Self-determination is defining yourself

- On the level of feelings:
 - I have a headache.
 - I feel nervous, I feel bad.
- On the level of actions:
 - When I have a headache, I ask for an aspirin.
 - When I feel bad, I ask for help.
- You can define how you feel and then think what action to take in this particular situation.





Self-determination means having knowledge about yourself as well as taking concrete actions


Knowledge (feelings, thoughts)	Actions (concrete choices and decisions)
I know I like swimming.	I choose to go to the seaside.
I know I'm hungry.	I choose to go to a restaurant.
I know I want to have my own money.	I choose to take up a job and stop attending therapeutical workshops.
I know I want people with intellectual disability to express themselves.	I choose to take part in a conference.
I want to know more about the Self-Advocates Movement.	I make an appointment with other people or access a web-page.

Before you do something, think!

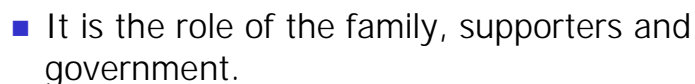
- Think how you feel.
- Think what you want to do now.
- Think what you need now.
- You need a little time to do it.
- It is difficult for anybody.


- That is why every person needs a support and a protection.



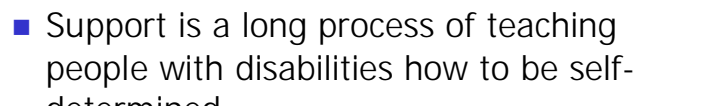


In difficult matters support and protection are necessary

- It is the role of the family, supporters and government.
 - It is important for people with disabilities to be supported in learning how to make choices, decisions as well as in taking action.
 - It is important for people with disabilities to receive protection when they face danger.
- 



Support or protection?

- Support is a long process of teaching people with disabilities how to be self-determined.
 - Learning is a long process.
 - Everybody needs protection when he faces danger.
- 



Support means strenghtening



Protection means safeguarding from danger

- A sick woman doesn't know what to do. Her helth should be protected by her doctor.
- A man in possession of a lot of money does not realize its value. He needs support in order not to be cheated.
- A beautiful girl may be sexually abused by a boy. She needs protection and support of those who are close to her.



Constant protection inhibits learning how to be self-determined

- The reason of constant protection is probably a stereotype way of thinking about people with intellectual disability.
 - People with intellectual disability do not think about or reflect on their choices.
 - They are unable to take important decisions or good decisions.
 - Decisions taken by people with intellectual disability should be perfect, adequate, well-thought over and 100% acurate. Mistakes are out of question.



Constant protection impairs learning how to be self-determined

When you think that disabled people are unable to do something	When you think that disabled people don't yet know how to do something
You take decisions for them.	You talk with them.
You make choices for them.	You materialize their knowledge .
You think for them.	You teach them.
You PROTECT and ISOLATE them!	You give them an OPPORTUNITY TO PARTICIPATE!

Isolation or full participation depends on the outlook of their supporters



■ Alone at home.



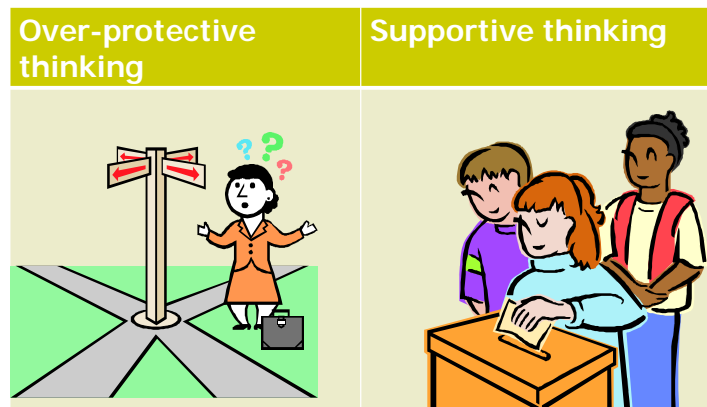
■ Self-Advocates in Polish Parliament.

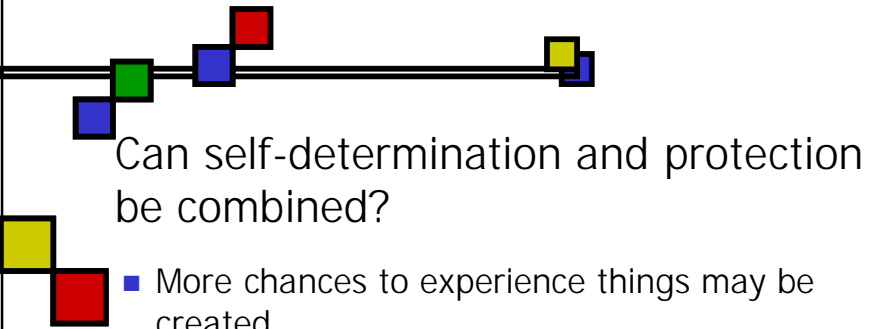


As the attitude of supporters,
such a life of people with disabilities

Over-protective attitude	Supportive attitude
few experiences	a lot of experiences
few choices	agreement for choices made on one's own
little knowledge, poor decisions	more accurate decisions
confirmation of stereotypes	better knowledge
inhibiting development	opportunities for development


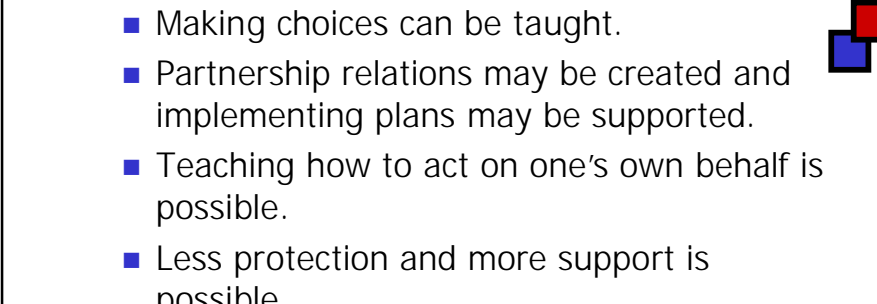
As the attitude of supporters,
such a life of people with disabilities






Can self-determination and protection be combined?

- More chances to experience things may be created.
- Making choices can be taught.
- Partnership relations may be created and implementing plans may be supported.
- Teaching how to act on one's own behalf is possible.
- Less protection and more support is possible.



Let's start now!

- Let's start long learning process of teaching people with disabilities.
- PSOUU believes that most people with intellectual disability have a capacity to participate in social life.
- It is in our best interest to develop their self-determination!





Thank you for your attention

- You are welcome to join our discussion by email:
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- by web side:
www.psouu.org.pl

