



all abilities.
limitless possibilities.

The Self-Determination in Action Project

It is the call of the Self-Determination in Action Project to equip individuals who have disabilities to choose self-determination in their lives, to know their rights, and to be able to have a voice and be contributing members of social justice and cultural change.

Free Courses Available:

My Life, My Rights – This introductory course explores what it means to have freedom of choice and empowerment for people with disabilities, increasing self-awareness and promoting self-determination. Students will learn how empowerment enriches their lives and affects our world.

Topics:

- Know your Rights and Responsibilities
- Who am I? Who is My Circle of Support?
- Healthy Living
- Safety and Security
- Social Living and Spirituality
- Advocacy and Engagement

Self-Determination Leadership Course – This six-module course takes an in-depth look at how self-determination and advocacy empowered the Disability Rights Movement. Participants will develop an understanding of what this empowerment looks like in their own life and the impact this has on our society.

Topics:

- History of the Disability Movement
- Communications and Problem-Solving
- Rules, Rights, and Responsibilities
- Self-Advocacy and Self-Determination
- Becoming Part of a Self-Advocacy Group
- Being a Good Leader

How to Be an Effective Committee/Board Member – This course engages self-advocates to realize what they can contribute and what they need in order to be a participating and productive committee or board member.

Enrolling in a Self-Determination in Action Course

Classroom Setting — In-person courses take place at Easterseals Midwest locations or at a venue chosen by the participating organization/group/business.

Self-Directed Video Format — This free online video format allows participants to complete the My Life, My Rights course at their own pace from the comfort of their own home.

Who can enroll?

Courses are available to anyone with an intellectual or developmental disability in the Kansas City or St. Joseph areas. We also work with family members, organizations, businesses, and groups looking to expand the knowledge of disability rights and self-determination for those they support.

When do courses take place?

We are flexible! We work with each individual, family, or organization to schedule courses based on their schedules and availability. Course scheduling is on a first-come, first-served basis.

What is the cost to enroll?

Courses are free to enroll in participating counties. To see a full list of counties that the course is available in, visit www.bit.ly/SelfDeterminationinAction. If your county is not yet on the list, please contact Shannon Morrissey about more options.

For more information or to enroll, please contact Shannon Morrissey at shannon.morrissey@esmw.org or **816-359-9927**.

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