

SMILES

CHOICES + SKILLS = EMPOWERMENT

Self Determination to live independently in the community requires

Membership in the Community, increases access to

Inclusion, and provides opportunities for a

Life of Choice and Options in the Community, which leads to

Experience that is necessary for

Success

Advocacy, Self Determination and Human Rights

Everybody has Human Rights to be treated with dignity and respect.
You have the right to speak for yourself and make your own life decisions.

Self Advocacy: speaking up for yourself
Self Determination: deciding for yourself

Dignity: having your human rights respected
Self Respect: self advocacy for your own human rights and dignity

Independence: a person's own (authentic) choice or decision
Dignity of Risk: the right to learn from failure

Successful people know what they want to do in life. They decide to succeed.

They empower themselves to be successful. They find out what their choices are, and what skills and abilities they need so they can act on their choices.

People use empowerment to get the success they want.
They leverage their skills.

Empowerment + Self Determination

Skills

Leveraging empowerment is about making a difference; a value added or impact on the community.

Self advocacy is about leveraging empowerment. People who advocate for themselves create change that makes a difference to them.

How often do we want something to change because it makes a difference to us?

Have you ever felt unsuccessful because nobody else supported, valued or understood how important that difference would be in your life?

What do you do to leverage your empowerment?

How do you get people to support, value or understand what is important to you?