

## ADDITIONAL PRACTICE: INDEPENDENCE AND SELF-DETERMINATION LEVELS

	High Self-Determination	Low Self-Determination
High Independence	Some young adults live on their own, have jobs or go to school, and manage most parts of their own lives, including finances, relationships, and routine self-care.	Some young adults are independent but have choices decided by others, with many skills for independence, but fewer skills for self-determination.
Low Independence	Some young adults might live at home, and not be able to work. However, they may be able to make decisions in other areas, such as their health care. Encouraging self-determination in health care may improve success with treatment and satisfaction with care.	Some young adults might live at home, not be working or in school, and have to live up to others' expectations, such as performing their share of household responsibilities. In addition, they have little opportunity to make decisions free of the expectations of others.

### DIRECTIONS:

Draw a line to match the independence and self-determination levels to the following scenarios.

**High Independence  
High Self-Determination**

**High Independence  
Low Self-Determination**

**Low Independence  
High Self-Determination**

**Low Independence  
Low Self-Determination**

Eli is 20 and lives with his aunt and uncle. He relies on them for transportation, finances, and daily decisions. Right now he reluctantly works as an assistant in his aunt's medical office.

Kelson shares an apartment with three roommates from college. They used to work weekdays and weekends, but are going to talk with their manager about reducing hours because it has become too much to manage with schoolwork.

Jenn is a 2<sup>nd</sup> year nursing student who lives on her own. She wanted to go into graphic design, but her parents insisted on nursing school like her older sister. They told her, "You'll have time to do your art on the side!". Because school has been too busy, she hasn't touched her art projects in months.

Lena is a 19 year old college student with a physical disability. She requires family support with daily tasks like dressing, brushing her teeth, meal preparation, and transportation. She is a strong disability advocate and is an intern at a community disability support group.