

'Make my choice' Workshop for People with Developmental Dis-Abilities

Manovikas Family is committed to advancing vocational and higher education systems change the perspective of people with intellectual and developmental disabilities to gain more control over their lives.

Make My Choice workshop make the person with Intellectual Disability unique, regardless of IQ, and each will have developed their own personality.

We are organising '**Make my choice**' a **step-1** workshop for people with intellectual and developmental disabilities towards equipping them with self-advocacy skills. As self-advocates, individuals speak up for themselves, make their voices heard and views known, make their own choices and advocate for their rights. Inherent in the concept of self-advocacy is the belief that a individual have rights and should be treated with respect (e.g., not like children if they are adults).

The workshop activity "**Listen to me**" respects an individual's choices, as long as their actions are not harmful to themselves or others. It helps individuals understand the consequences of their actions so they are guided in decision making but can still choose what is desired.

This workshop will be useful for a common challenge faced by persons with cognitive disabilities in their interpersonal relationships, managing the independent living, learning adaptive, social, and vocational skills also ensure protection from sexual victimization. Significantly, being able to express preferences and make choices has been shown to decrease problem behaviours and increase engagement in appropriate tasks.

Make my choice workshops

Supports people with intellectual and developmental disabilities

to make choices understanding challenges and considering decisions

towards career planning process and self- advocacy.

Make my choice workshops basically helps to :

- improve domestic and social skills
- make decisions in our everyday lives.
- increase quality of life and positive behaviours
- enable towards independent living

develop self confidence and self esteem

Make my choice workshops steps:

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| Step 1 | Listen to me | Duration: 6 hrs |
| Step 2 | My career choice: | Duration: 15 hrs |
| Step 3 | Towards self-advocacy | Duration: 15 hrs |