
ARD Meetings

an opportunity for
self-determination and
self-advocacy

"Oh and I'm so excited
for our IEP meeting
tomorrow!"

Said no one.
Ever.



What is self-determination and self-advocacy?

Self-Determination

- autonomous
- self-regulated
- psychologically empowered
- self-realized

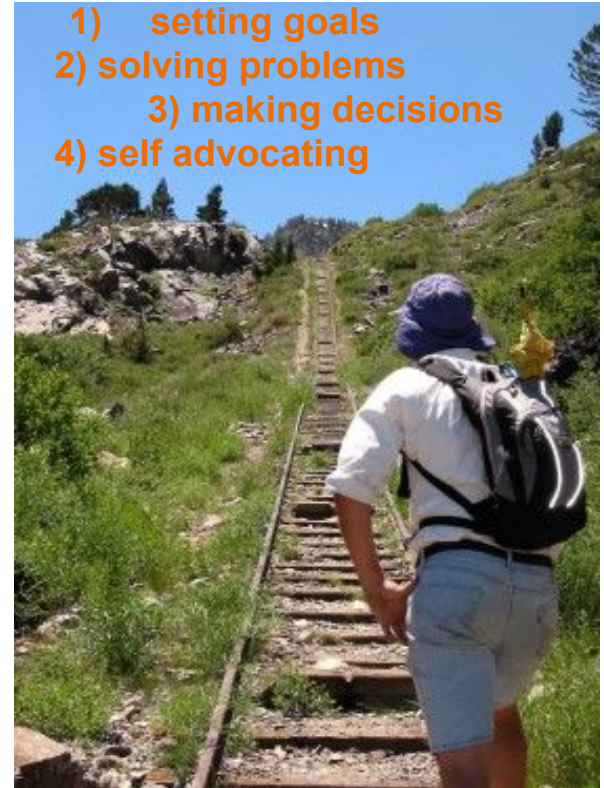
-easy definition: **having the confidence and ability to make decisions for one's life**

Self-advocacy

- self-knowledge
- knowledge of rights and responsibilities
- communication

-easy definition: **knowing what he or she needs and how to get it**

http://www.imdetermined.org/resources/detail/self_determination_means_oc

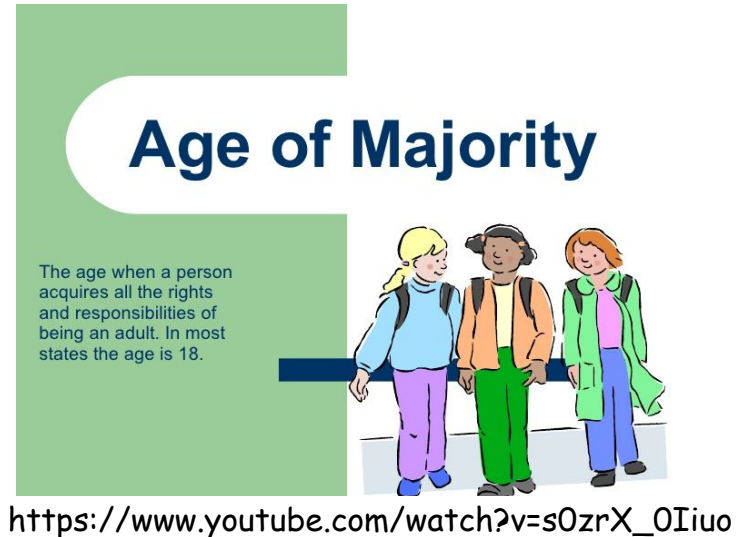


Why is self-determination and self-advocacy important?

There is no special education outside the school walls

Your child must act independently and advocate for needs in:

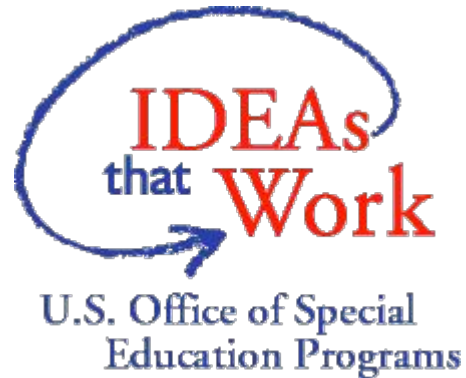
- education
- community
- workplace
- recreation



How the ARD meeting helps develop these skills

ARD meetings should discuss your child's:

- 1) preferences, interests, needs and strengths
- 2) goals for the future
- 3) steps to meeting the goals



How the ARD meeting helps develop these skills

What your child can learn:

- 1) more about his or her disability,
- 2) rights
- 3) goals
- 4) accommodations



How the ARD meeting helps develop these skills

What your child will practice:

- 1) communication skills
- 2) problem solving
- 3) self-achievement



Ways can your child participate in the ARD meeting

Early age

- introduce everyone
- discuss self
- talk about likes and dislikes

Older

- talk more in depth about self
- discuss goals for the future and needs for reaching them

Transition age (>14)

- discuss in more detail self, goals and needs for reaching goals



How to prepare your child



Resources



<http://www.imdetermined.org/>

Zarrow Center for
Learning Enrichment

<http://www.ou.edu/education/centers-and-partnerships/zarrow.html>