



**Michigan Developmental
Disabilities Institute**

Possibilities Video Series Discussion Questions

For persons with disabilities:

1. How do you envision your life being 5 years from now? 10 years? 20 years?
2. Do you know how you would go about changing things in your life in order to make yourself happier?
3. Have you been told that you are not capable, or able, to accomplish the goals that you have for yourself?
4. Have you ever heard of self-determination? If so, how does your life reflect the principles of self-determination depicted in the videos?
5. Do you know how to find the help and support you need to accomplish your goals and live the life that you dream of living?

For family members and friends:

1. How similar are the lives and experiences of your family member or friend to those of the individuals in the videos?
2. How are you involved in supporting your family member or friend in living a meaningful, self-determined life in the community?
3. What resources and/or supports does your family member or friend need to achieve their dreams and goals?
4. Do you know who you can call in your area to request assistance with IEP or PCP meetings, educational questions, community mental health services, housing, or legal issues?
5. What kind of future do you see for your family member or friend?

For professionals:

1. What do you deem most important to the individuals with disabilities with whom you work?
2. How are the individuals' friends and family members involved in supporting their lives and decisions?
3. How close are the lives of the individuals you support to that of the individuals depicted in the videos?
4. What life goals are shared by the individuals you support and the individuals in the videos?
5. How would you go about supporting someone to achieve their dreams and goals?