



SERVING, EMPOWERING AND
SUPPORTING **MISSOURIANS**
TO LIVE THEIR **BEST LIVES.**

MO DDD & You:
**Dignity of Risk: The Impact of
Choice on Quality of Life**
Information for Individuals & Families

Presented by:

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December 17, 2024
12:30pm-1:00pm



Webinar Talking Points



- Consider: Choices you Make for Yourself
- Define Dignity of Risk
- Dignity of Risk Is and Is Not
- Supporting Dignity of Risk
- Questions
- Wrap up

Something to Think About...



Think about some of the decisions that you have made in your life.

How different would your life be if you someone else made all decisions for you?

How would you feel?

“...there can be such a thing as human dignity in risk, and there can be dehumanizing indignity in safety!”

-Robert Perske (1972)
Coined the term *Dignity of Risk*

Define Dignity of Risk

- 👤 Self-determination is **a human right**.
- 👤 *Dignity of Risk* is the concept that there is dignity in making decisions and learning from the associated outcomes, which leads to personal growth and greater quality of life.
- 👤 It must balance health/safety and personal choice, while taking the person's abilities and needs into account.
- 👤 When supporting a person with IDD, limiting choice may happen in effort to care for/protect the person.

Dignity of Risk: What It *Is* and *Is Not*!



- 👤 Everyone has the right to make the choices that they can make, with the necessary supports and education.
- 👤 Risk is a part of life and may lead to significant learning and growth!
- 👤 It is *not* about supporting a person to make dangerous decisions.
- 👤 Dignity of Risk is context-specific, based on what the person needs, wants, and values.

How to Support Dignity of Risk

- 👤 Burns-Lynch et al. (2011) suggest three steps to supporting choice:
 1. Identify the person's strengths, skills, and supports that could help in decision making. Then, identify the negative outcomes.
 2. Evaluate the likelihood of negative and positive outcomes. How do the positives and negatives weigh against each other?
 3. Construct a plan that reduces risk while supporting individual choice.

References

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Questions?



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Mark Your Calendar

Next MO DDD & You:

January 27, 2025

12:30pm-1:00pm



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Thank You