

The background features a dark blue gradient with a starry pattern. Overlaid on this are several circular gauges and navigation elements. A large gauge on the left has a scale from 140 to 260. Other smaller gauges and dashed lines with arrows are scattered across the scene, suggesting a complex navigation or data visualization theme.

INSIGHT INTO NAVIGATING SELF- DETERMINATION

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What is Self-Determination?

Self-Knowledge

Self-Advocacy

Assertiveness

Decision Making/Problem Solving/Goal

Setting

Behavior

Examples of Visual Impairment

Totally blind – no light perception (birth or later in life)

Legally blind- according to Social Security Administration, visual acuity of 20/200 or worse in better seeing eye with best correction.

Examples of Visual Impairment (continue)

**Low vision-permanent vision loss
causing difficulty performing
everyday tasks**

The background features a dark blue gradient with a subtle pattern of white stars and technical diagrams. On the right side, there are several circular diagrams resembling gauges or dials with numerical scales (e.g., 160, 170, 180, 190, 200, 210) and arrows. On the left, there are faint circular outlines and arrows. The overall aesthetic is clean and technical.

What is my Visual Impairment?

Can I describe it?

**Do I understand my visual
impairment?**

What do I know?

Age of onset

Ocular history including eye diseases, injuries, or operations

Acuity, muscle function (normal/abnormal), eye pressure, photophobia, diagnosis, prognosis

Self-Knowledge

Visual functioning.

**How does my visual
impairment impact me?**

Possible challenges.

**Visual performance in the
classroom, in the home, in
the environment.**

Self-Advocacy

**Do I need specific tools with
my visual impairment?**

The background features a dark blue gradient with a subtle pattern of white stars. Overlaid on this are several technical diagrams: a circular gauge with numerical markings (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) and arrows, and other circular elements with dashed lines and arrows, suggesting a theme of navigation or engineering.

Independent living

How do I navigate daily tasks?

The background is a dark blue gradient with a starry space pattern. On the right side, there are several technical diagrams, including a large circular gauge with a scale from 0 to 210 and a smaller circular diagram below it. On the left side, there are faint circular diagrams, one of which has a dashed arrow pointing counter-clockwise.

Problem-solving

Challenging Isolating

The background is a dark blue gradient with a starry space pattern. On the right side, there are several technical diagrams, including a large circular gauge with numerical markings from 80 to 210 and a smaller circular diagram below it. On the left side, there are faint circular diagrams, one of which has a dashed arrow pointing counter-clockwise.

Decision making

**Mental
Emotional well-being**

**Frustration, anxiety,
depression**

Assistive Technology

Totally blind

Legally blind

Low vision

The background is a dark blue gradient with a subtle pattern of white stars. On the right side, there are several technical diagrams: a large circular gauge with a scale from 0 to 210, a smaller circular gauge with a scale from 0 to 100, and a dashed circular arrow. On the left side, there are also some faint circular diagrams.

Setting goals

Short-term

Long-term

The background features a dark blue gradient with a starry space pattern. On the right side, there are several technical diagrams, including a large circular gauge with numerical markings from 80 to 210 and a smaller circular diagram below it. On the left side, there are faint, light blue circular diagrams, one of which has a dashed arrow pointing counter-clockwise.

What about Behavior

**How it can Affect
others**

Self-Control

Additional comments

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