

December 2021



*Lifelong Decision Making*

My name is Alesia Saffold and I'm 24 years old. I am currently in college for early childhood education. I made the decision for what I want to do with my life on my own. Going to school and deciding what to do is a big responsibility for me. I knew what I wanted to do so it wasn't a hard decision to make. I also had a lot of support from my mom because she wants to support me to be as independent as possible and learn how to make my own decisions.

I am a 24-year-old Youth Ambassador that is out here helping young kids that have disabilities so it's my job to role model how to make your own decisions. Making your own decisions and knowing when to ask for help is called Self-Determination.

Self-determination helps me to make decisions on my own and to think things through before I make the decision. I have a disability so it's not always easy for me to plan ahead and make decisions. It's always good to weigh options and get advice when making big decisions in your life.