

# **Self-Determination Workshop**

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## **Objective**

The objective of my human rights project is to carry out the workshop, where the topic of self-determination will be discussed with the residents of the assisted living facility, and to find out whether the residents feel that they can exercise their right of self-determination adequately. Ultimately, I would like to determine the answer to my research question: What can be improved in order for the residents to be able to live in a more self-determined way?