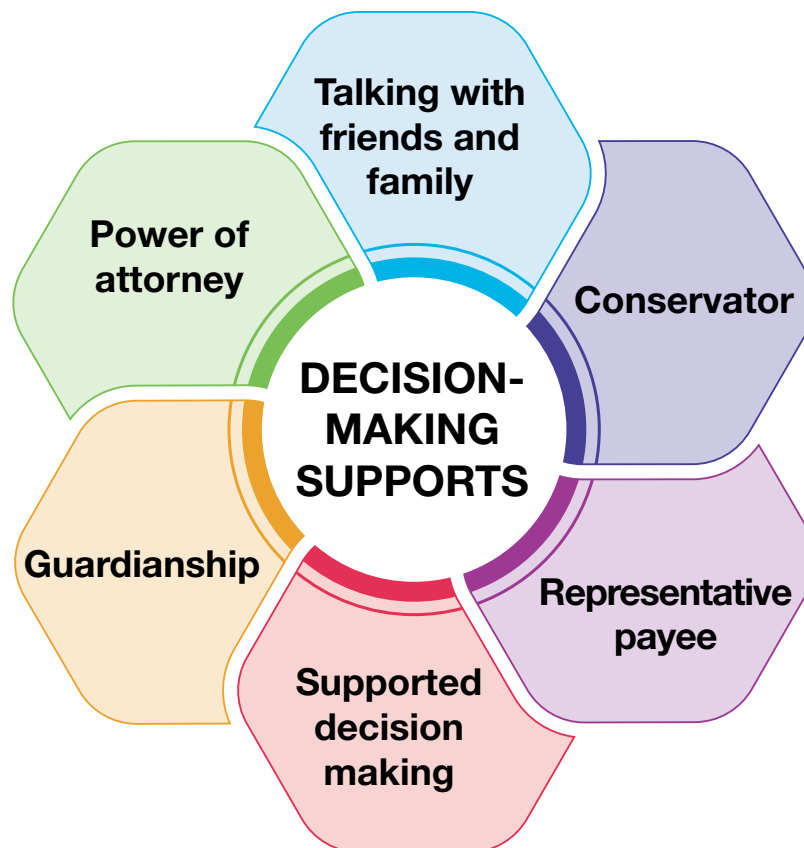


4. How will I make decisions as an adult?



Turning 18 is both exciting and challenging. You are an adult who is responsible for your own finances. You can choose where to live, vote and legally make your own decisions. Making decisions is a learned skill. Most people talk with their parents, friends and others for help with making important decisions. In this section, you will learn about decision-making supports and resources.



Examples of decision-making supports

Supported decision making

Supported decision making is a process through which people use friends, family members and professionals to help them understand situations and

choices so they can make their own decisions with support.

Representative payee

A representative payee is a person who can manage your government benefits such as SSI or SSDI payments.

Power of attorney

A power of attorney is a legal document that gives another person the right to act on your behalf for your financial decisions only. This authority can be limited (such as over a bank account) or broad and include a person's bank accounts, assets and property.

Conservatorship

A conservator only makes decisions about a person's money or property.

Guardianship

Guardianship is a formal legal process where a judge appoints another person called a guardian to act on behalf of an "incapacitated" person. Oregon law requires that guardians support the self-determination of the person to be as independent as possible in their decision making. Guardianship is risky in that it removes a person's legal rights to maintain control of their own life and make their own decisions. If a guardian is appointed, it is that person's job to make sure your rights are protected and support you to make decisions.



What is my role?

Your role is to share your vision and what is important to you with your family, teachers and others who help you plan. You will also talk with your family about what you need to make good decisions that keep you happy, healthy and safe.



What is my family's role?

Your family's role is to help you understand situations and choices so that you can make the right decisions for you. They may also help you think about what kind of decision-making supports make the most sense to meet your needs for independence and well-being.



Decision-making Trajectory Worksheet

Past life experiences

What experiences have you had in the past that support your vision for community living?

Future life experiences

What current or future experiences do you need to support your vision for community living?

Past life experiences

What past experiences have pushed you toward things you don't want?

Future life experiences

What experiences do you need to avoid because they push you toward things you don't want?



Decision-making Trajectory Worksheet (*continued*)

What I want

What does being in charge of my own life look like?
Are there choices and decisions I need help to make?
What choices and decisions do I want help to make?

What I don't want



Start Worksheet Questions: Mapping My Decision-making Resources

Technology

What technology can help me stay safe in my home and when I am out in my community?

How can technology help me make informed choices and decisions?

What technology can I use for transportation?

What technology can I use to manage my money?

Personal strengths and resources

What self-advocacy skills am I using at home and at school?

What choices and decisions am I already making in my life?

Am I happy with the choices and decisions I've made?

What kind of help do I need to make certain kinds of decisions?

Community resources

How do I enjoy spending time?

What opportunities do I have to do what people my age do for fun?

Where might I work in my community?

Where might I volunteer in my community?

What transportation options do I have in my community (learning to drive, riding the bus, etc.)?

How am I exploring where I might want to live in the future?

What opportunities for continuing education does my community offer?



Start Worksheet Questions: Mapping My Decision-making Resources (*continued*)

Personal strengths and resources

Who do I ask for help when I need it?

In what ways am I taking on more responsibility for my:

- 1) Health
- 2) Safety
- 3) Money, and
- 4) Daily life?

Do I get chances to make mistakes and learn from them?

Have I had help to learn how to make decisions in my everyday life?

Relationships

Who knows me well and encourages my success?

Who understands what I want and what is important to me?

What might help my parents and others step back and let me make my own choices and decisions with support, as needed?

Who helps me learn how to have difficult conversations with my parents?

Do I know other families who I could learn from?

How do I know who is a safe person and who is not?

Who can I call if I don't feel safe or need assistance?

Who is working with me in supported decision making?

Services I may be able to receive

Am I registered to vote?

Do I understand the voting process?

Do I know about the following services to help cover my experiences and save for the future?

1. Special needs trust
2. Individual development account (IDA)
3. ABLE account.

Am I eligible to receive disability services at home, work, in the community or at college?



Star Worksheet: Mapping My Decision-making Resources

Write your goal in the star. With the right support, anything is possible! List ideas that help make your goal possible in each category. You will find questions and resources on page 36 to get you started.

