

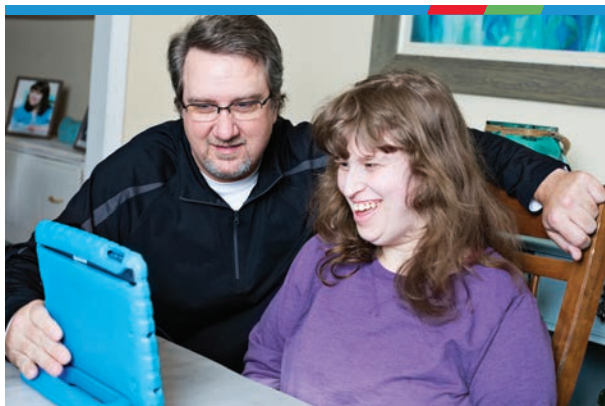
## What is supported decision-making?

Supported decision-making allows you to make choices about your own life with support from trusted family, friends, or a professional that you choose.

- You can use supported decision-making to identify who you want to support you and how you want to be supported.
- The support person you choose can help you to gather information, evaluate options, or communicate your decision to others.
- Supported decision-making is an approach all people use at some point.
- Supported decision-making might be an important accommodation to ask for if you need additional assistance to gather more information, evaluate options, or communicate your decisions to others.

### Notification regarding transfer of rights

At least one year before a student turns 18, the school district notifies the student and the parent that rights will transfer to the student at age 18. Supported decision-making is an important option to think about before turning to more restrictive options such as guardianship.



### Where can I find more information?

- Learn more at: The Oregon Department of Human Services Supported Decision-Making website: <https://www.oregon.gov/dhs/Supported-Decision-Making/Pages/index.aspx>
- The Oregon Department of Education website: <https://www.oregon.gov/ode/students-and-family/SpecialEducation/SecondaryTransition/Pages/Secondary-Transition-for-Students-with-Disabilities.aspx>
- The Oregon Transition Education Resources website at: <https://sites.google.com/mesd.k12.or.us/oregontransitioneducation/self-determination-communication>

You can get this document in other languages, large print, braille or a format you prefer. Contact the Office of Developmental Disabilities Services at 503-945-5811 or email [dd.directoroffice@dhsosha.state.or.us](mailto:dd.directoroffice@dhsosha.state.or.us). We accept all relay calls or you can dial 711.

DHS 3991 (12/2021)

## Supported Decision-Making



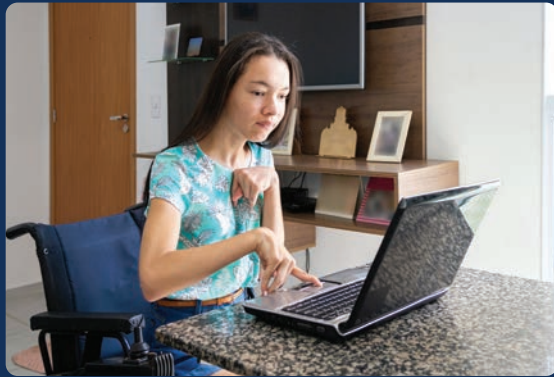
**You have the right to make choices in your life! When you turn 18, you have the right to make choices such as:**

- Where to live
- Where to go to school
- Where to work
- Who to hang out with
- How to spend your money
- What supports you need or want, and
- Who you want to support you.

**You can also:**

- Vote in elections
- Practice the religion you want
- Enter into contracts, and
- Make decisions about medical treatment.

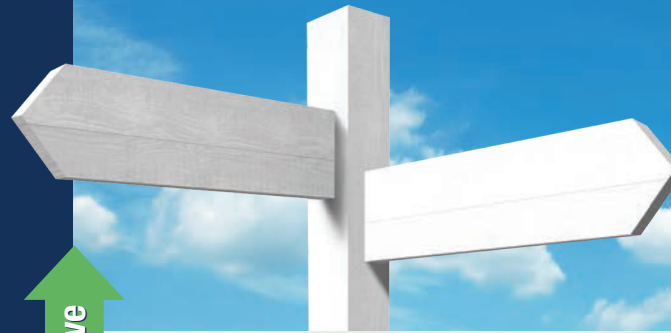
# Continuum of decision-making supports



- ☑ There are many types of decision-making support. These support options can be used alone or in combination with other types of support.
- ☑ The option that allows you to retain more of your rights is always explored and used before more restrictive options.
- ☑ Even if you use a more restrictive support option, such as a guardianship or conservatorship, you must be supported to make your own decisions.

Least restrictive

Most restrictive



## Support options for any type of decision (at the person's request)

- Supported decision-making
- Release of information
- Case management and related services

## Supports for money and property decisions

- ABLE accounts
- Money management assistance
- Joint accounts



## Supports for health and well-being decisions

- Health care representatives
- Appointment of a representative in a declaration for mental health treatment
- Health care advocates
- Guardianship (only used when no less restrictive option is possible)

## Supports for money and property decisions

- Social Security representative payees
- Power of attorney
- Trusts
- Conservatorship