

(Audio Description)

(NARRATOR): We all make tons of decisions - every day! Some of them are small decisions, like whether or not you should buy that cool new video game - or order pizza. Others are bigger. Like deciding what kind of career you want, where you want to live or who to vote for in an election. Everyone has the right to make decisions. Sometimes we need help with those decisions. If you're a young person or an older adult with a disability, your family, medical service provider, or someone else may ask a judge if they can become your guardian and make all of your decisions for you. This is a legal arrangement called, "Full Guardianship." Your parent or guardian might think they have to get guardianship to do things like attend IEP meetings or help you make financial decisions, but that's not true. There are other ways that people can help you make choices. For example, a Healthcare Proxy only helps

make healthcare choices.  
and a Social Security  
Representative Payee  
only helps with  
some financial choices.  
But another option  
that lets you keep control  
of your choices is called,  
"Supported Decision-Making."  
A supported  
decision-making agreement  
lays out a plan for you  
to meet with a person  
or group of people you trust.  
These people can  
be family members,  
friends, co-workers, or others  
who can help you make decisions.  
You pick the decisions  
you might need help with,  
who can help, and how.  
Your group of supporters  
might look through information  
with you and talk through  
the pros and cons  
of different choices.  
They might talk with you  
about eating healthy foods,  
or ways to keep  
track of appointments.  
Want to choose a college,  
vote in elections,  
or change jobs?  
What about date,  
get married,  
or start a family?  
With Supported  
Decision-Making,  
you are the  
decision maker.  
With Guardianship, the

guardian is the decision maker  
and makes all  
the final decisions.

Some decisions are big,  
some are small,  
and all of them  
are important.

Making your own choices  
can help you lead  
a happier, healthier life.

If you are a person with a disability  
and feel like you need  
help making decisions,  
know that you have options.  
You have the right to decide.

END OF TRANSCRIPT.