

# Want To Be A Supported Decision Maker? Let's Learn About Supported Decision-Making

Stepping Stones of Transition  
17th Annual Illinois Statewide Transition Conference  
Peoria, Illinois  
November 4, 2022

**“If you just let me try....”**

**“I can do it myself.”**

**“I am an adult.”**

**“It’s my life!”**

**The purpose of the Supported Decision-Making Agreement Act** is to recognize a less-restrictive alternative to guardianship for adults with intellectual and developmental disabilities who need assistance with decisions regarding daily living. Read the full Act [here](#).

## **Words to Know About Supported Decision-Making**

- **Adult** – a person who is 18 years of age or older, even if they are still in school.
- **Everyday Life Decisions** – decisions about medical care, where you live, where you work, your money, and what you do for fun.
- **Principal** – an adult with intellectual or developmental disabilities who has a supported decision-making agreement.
- **Supporter** – an adult who supports the person with intellectual or developmental disabilities with a Supported Decision-Making Agreement.
- **Supported Decision-Making Agreement** – an agreement between a Principal and a Supporter under this Act.

## **Presumption of Capacity Statement**

The Supported Decision-Making Act emphasizes that all adults are presumed to have the capacity to make their own decisions unless otherwise determined by a court.

Capacity is not voided simply because of:

- A person's disability.
- The manner in which a person communicates.

A Principal can act independent of a Supported Decision-Making Agreement if they so choose.

## **Videos About Supported Decision-Making**

- Learn about Supported Decision-Making from self-advocate Ricky Broussard from Disability Rights Texas [here](#).
- Watch a video about self-advocate Will McMillan sharing his experience with Supported Decision-Making [here](#).

**Supported Decision-Making Resources** can be found [here](#) on the Illinois Guardianship and Advocacy Commission's website.

## **Contacting the Speakers**

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