

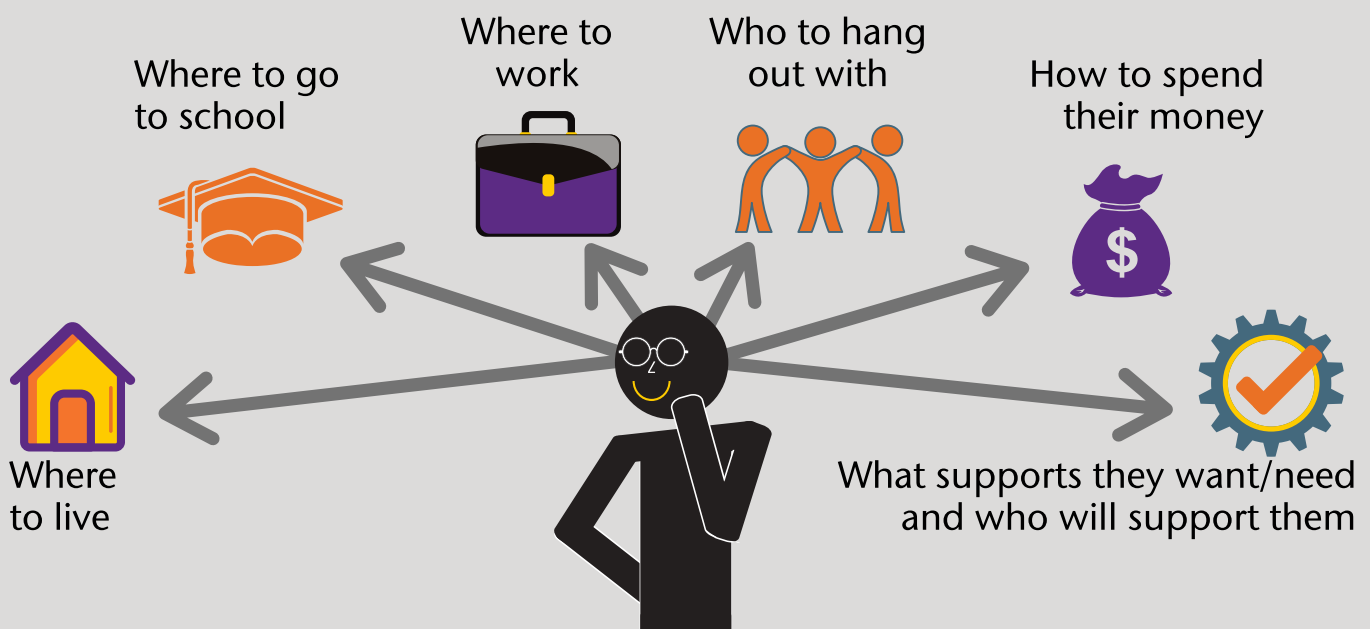
# Ready or not!

*Your teen is becoming an adult!*



It's time for you and your teen to understand their legal rights and discuss how they would like your support when making future decisions.

## As an adult, your teen has the right to choose . . .



## Your adult child can also . . .



Vote in elections



Choose to practice a religion or not



Enter into contracts



Control all their medical treatment



Make mistakes and learn from them!

# Being a Supporter

Most adults ask for help when they have to make a big decision in their life. Your teen may ask for your help. In the end, *it's their decision!*



## This is called **Supported Decision Making.**



### *Start Early!*

- Prepare your child now to help them build strong decision-making skills.
- Encourage them to make decisions & choices in their every day life.
- Help weigh options and understand the possible consequences.
- Support your child even if you don't agree with their decision.

### *Offer Resources*

There are many ways to share information needed to make a decision.

- Share your experiences
- List of pros and cons
- Visual cues
- Observing others
- Talking with professionals or trusted individuals
- Internet research / videos



### *Use Tools*

There are simple visual planning tools that may help.

- Decision Making Profile
- LifeCourse™ Exploration Tool



## Want more information? Visit:

[TheArcOregon.org](http://TheArcOregon.org) | [LifeCourseTools.com](http://LifeCourseTools.com) | [SupportedDecisionMaking.org](http://SupportedDecisionMaking.org)

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