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 . . .

- Where to go to school
- Where to work
- Who to hang out with
- How to spend their money
- Where to live
- What supports they want/need and who will support them

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!

Just because your teen is becoming an adult does not mean you won’t continue to support them. We all need help with making big decisions in our lives.
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 | LifeCourseTools.com | SupportedDecisionMaking.org

This project was supported, in part by grant number 90DM0001-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.