



## How are my rights protected?

- People with intellectual and developmental disabilities have the same legal rights as others to make choices about their own lives.
- These rights are protected under laws and international conventions, such as the Americans with Disabilities Act (ADA) and the United Nations Convention on the Rights of Persons with Disabilities (CRPD).
- It is unlawful to deny you the right to make decisions based on assumptions about your abilities.
- You have the right to receive support in making decisions, rather than having decisions made for you.



## What are my options for support?

- Supported decision-making can involve family, friends, or professionals who help explain options and consequences, but the final choice remains with you.
- Guardianship should only be considered when absolutely necessary and as a last resort.
- Alternatives, such as powers of attorney, health care proxies, or supported decision-making agreements, are preferred to preserve autonomy.
- You have the right to make decisions about personal matters, including where to live, healthcare, education, employment, and relationships.
- You may also make choices about finances, recreation, and participation in community life.
- You must receive reasonable accommodations to ensure you have the equal opportunity to exercise your right to make decisions.
- Your wishes, preferences, and values must be respected in all decision-making processes.
- Efforts should be made to communicate information in accessible ways and include you in discussions about your life.