



April Right of the Month:

You have the right to participate in decisions that affect your life.

This newsletter offers ideas to help people with developmental disabilities learn more about this right.

About this Right:

Most of us want to make our own decisions about how to live. Making our own decisions can give us freedom and respect. The law says you have a right to be a part of making decisions for yourself. This means that you can make up your own mind about what you want and what you want to do. Like everyone else, you can make decisions about how to live your life.

Some people have a guardian to help them make decisions. A guardian is appointed to make decisions for you to keep you safe and healthy, but the guardian should always be considering what you want when deciding what is best for you.

There are responsibilities that go along with our right to participate in decisions that you can learn more about below.

Quick Activity Ideas:

- Do you have a team meeting coming up? Call your Support Coordinator and guardian and ask what the meeting will be about. Make a list of things that YOU want to talk about at the meeting so that they can hear about what YOU want.
- Make a list of things that you want to accomplish in your life. Call your support team and schedule a meeting with all of them. Show them your list, and together decide how you can accomplish your goals.
- Ask your Support Coordinator about completing a PATH Plan!

Responsibilities about this Right:

Understanding our rights also means knowing our responsibilities. If we make decisions that may hurt ourselves or someone else, there may be consequences for that decision. For example, if we choose to smoke cigarettes, we may experience illness or have less money to buy other things. We need to be able to pay our bills first before buying things we want.

If you try out any of these ideas or make up some of your own, please email us to let us know or send us pictures! You can email ksbessette@butlerdd.org.