



Making Decisions; Options to Consider During Transition

A Transition Factsheet for Families

Decision Making After Age of Majority

This factsheet briefly explains options for decision making as you or your child reaches adulthood. No single option is best for everyone. This factsheet provides you with an overview of the topic along with additional resources so that you and your family can make an informed decision after reviewing the options.

For Legal based assistance visit the link below

<https://www.lsnj.org/LegalServicesOffice.s.aspx>

Power of Attorney (POA)

A power of attorney is a legal document that allows someone to act on behalf of someone else. Power of Attorney (POA) can be helpful for those who want to choose a trusted person to act on their behalf when they cannot. A Power of Attorney does not mean the disabled person cannot make decisions, it means that both parties can. Power of Attorney can be signed in advance making it helpful for unplanned emergencies.

To learn more about Power of Attorney visit the site below
<https://www.nj.gov/education/specialed/parents/docs/GuardianshipBrochure2.pdf>

Guardianship

At 18 everyone, including those with developmental disabilities, reach the legal age of majority. This means that all people, regardless of any present disability are legally able to make their own decisions once they turn 18. Parents can no longer make decisions on behalf of an adult child. Guardianship laws recognize that some adults are not able to (even with support) make their own life decisions. Guardianship removes an adult's ability to make their own decisions and places it with another person or agency who is appointed by the court to act on their behalf. General guardianship can be granted or limited to specific decisions, such as those pertaining to residential, educational, medical, legal, vocational, or financial matters.

To learn more about Guardianship visit the website below
<https://www.nj.gov/humanservices/ddd/individuals/guardianship/>





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Supportive Decision Making

Supported decision making (SDM) is a model that allows people with disabilities to make their own decisions with the help of a team of trusted advisors. A person using SDM selects people they trust like friends, family members, or professionals to serve as advisors when making decisions. The supporters all understand and agree to the role of helping the person with a disability understand, consider, and communicate decisions. This model gives the person with a disability the tools and a support system to make their own, informed decisions.

How does it work?

In practice Supportive Decision Making might look like:

- Materials or information in an easily understood format (video, simple language with pictures etc.)
- Ensuring the person has plenty of time to choose to limit stress from looming deadlines.
- Discussing pros and cons of each choice
- Opening a joint account with a trusted advisor to receive support with financial decisions.
- Bringing a support person to appointments
- Role playing to practice self advocacy in new situations

To learn more about the Supportive Decision Making model visit the site below

supportivedecisionmaking.org

