

Let's Learn About Supported Decision-Making



Welcome to Let's Learn About Supported Decision-Making

You may be interested in having someone help you with decisions.

This training will provide you with basic information about supported decision-making.

Supported decision-making is a way to receive assistance from someone you trust instead of having a guardian make decisions for you.

Illinois Guardianship and Advocacy Commission (GAC)

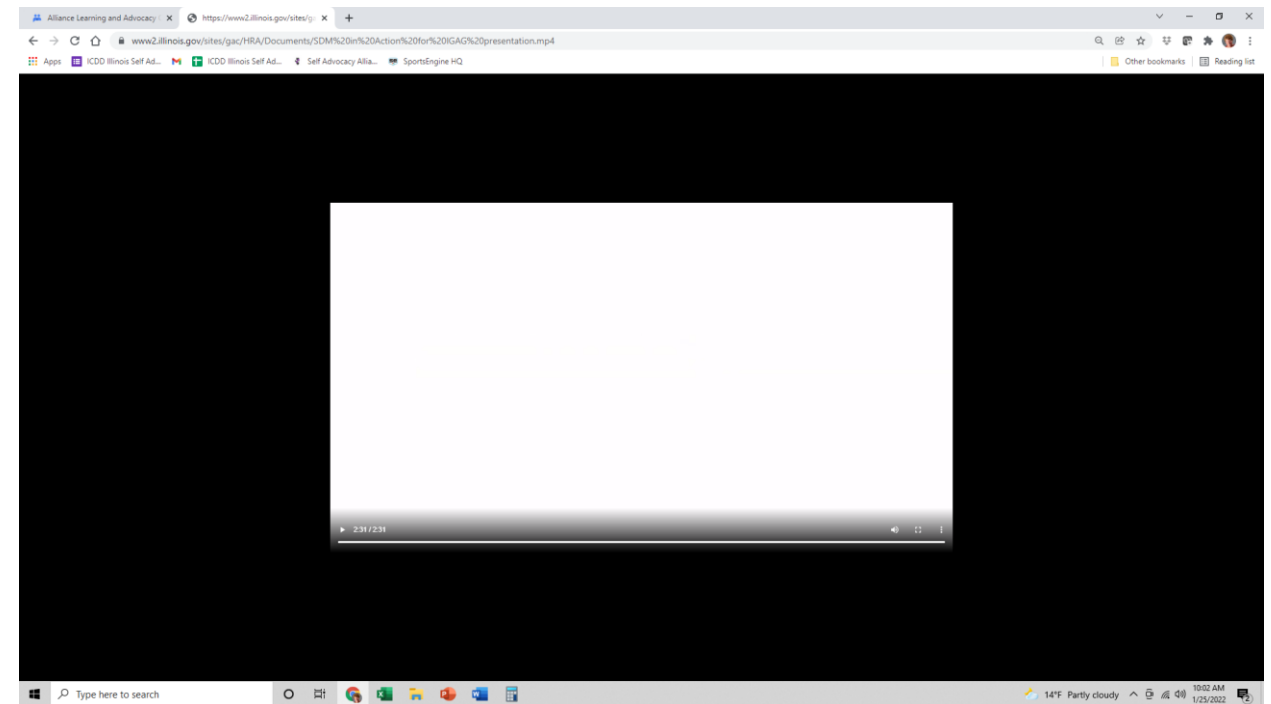
- GAC is a state agency that helped pass the law on supported decision-making.
- GAC has offices in Chicago, Springfield, and across Illinois.
- GAC has programs for persons with disabilities.



Learn more more about Supported Decision-Making by watching a video.

To start the video, click [here](#). The video will start playing.

After watching the video, click the back arrow on the upper left-hand side of the computer screen to go back to the presentation.



Supported Decision-Making is About - 1

- Being involved in your own decisions, regardless of disability or how you communicate.
- Under the law in Illinois, making your own decisions, unless you have a legal guardian.
- Getting help in the way that you want and works best for you.

Supported Decision-Making is About - 2

- Your beliefs and values being respected.
- Living as you choose if you are not hurting yourself or anyone else.



Photo by [RODNAE Productions](#) from [Pexels](#)

The Supported Decision-Making Act

The purpose is to provide an alternative to guardianship for adults with intellectual or developmental disabilities who need help in making decisions.

Words to Know about Supported Decision-Making - 1

Adult – a person who is 18 years of age or older, even if they are still in school.

Everyday Life Decisions – decisions about medical care, where you live, where you work, your money, and what you do for fun.

Principal – an adult with intellectual or developmental disabilities who has a supported decision-making agreement.

Words to Know about Supported Decision-Making - 2

Supporter – an adult who supports the person with intellectual or developmental disabilities with a Supported Decision-Making Agreement.

Supported Decision-Making Agreement – an agreement between a Principal and a Supporter under this Act.

Let's Learn About Supporters

A Supporter is...

an adult who supports the person with intellectual or developmental disabilities with a supported decision-making agreement.

- someone you trust
- someone who will listen to you
- someone who will act on your behalf
- someone who will keep your record private



A Supporter Can Be

- a parent or step-parent
- a brother or sister
- a relative such as a cousin, aunt, or uncle
- a close family friend



A Supporter will learn what they can and cannot do.

A Supporter is NOT

Your boss or employer.

An agency that provides services for you.

An agency that helps you with your money.

A person who has committed abuse and certain crimes.



Ways a Supporter Can Help - 1

Helping you get food, clothes and a place to live.

- help buying food and clothes
- help find an apartment, fill out an application, and review a rental agreement
- help review group home options
- help fill out an application for residential services

Helping you with your money.

- help getting a checking account
- help getting an ABLE account
- help write checks to pay bills

Ways a Supporter Can Help - 2

Helping you with medical or counseling appointments.

- help scheduling appointments
- going with you to appointments.

Helping you apply for benefits.

- help gathering documents and reports
- going with you to Public Aid office
- help you fill out Social Security forms

Ways a Supporter Can Help - 3

Helping you find work.

- help looking at job openings
- help fill out an application
- help practice for an interview
- help you speak up and speak out about community employment

Helping you with school.

- attend your IEP (Individual Education Program) meeting
- be with you when you talk with a teacher
- help you talk about what you want in a transition plan

Ways a Supporter Can Help - 4

Helping you advocate for yourself.

- help you practice speaking up and speaking out
- help you get ready for a Person-Centered Planning (PCP) meeting
- help you make a phone call or write a letter to a legislator about something that is important to you
- Help you report abuse, neglect and financial exploitation

What a Supporter Can Do - 1

A Supporter can help you understand information.

Sandy currently lives on the 5th floor of an apartment building. She doesn't like taking the elevator all the time. Sandy would like to move to an apartment on the 1st floor. She has asked her Supporter Melissa to help her look for apartments.



Photo by [Marcus Aurelius](#) from [Pexels](#)

Sandy will make the final decision on moving to a different apartment.

What a Supporter Can Do - 2

A Supporter can help you get information.

The dentist told Brian that he needs to have a tooth pulled. Brian doesn't understand why the tooth needs to be pulled or how it will be done. He has asked his Supporter Ted to help him talk to the dentist to get more information.

After Brian gets all the information and understands why and how, he will make his final decision.

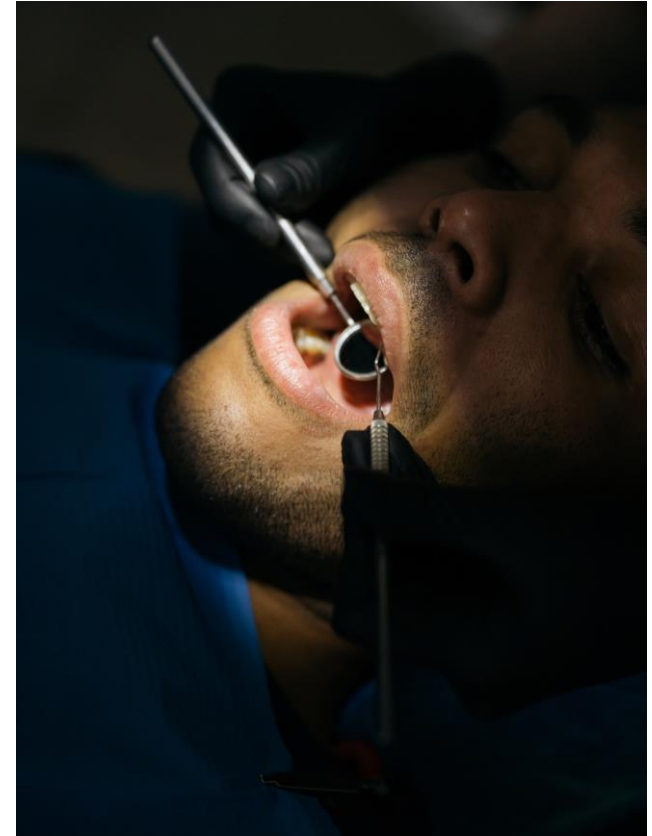


Photo by [cottonbro](#) from [Pexels](#)

What a Supporter Can Do - 3

A Supporter can help you make an appointment.

Molly's primary doctor said she needed to see a skin doctor for a rash on her arm. Molly doesn't know how to find a skin doctor or make an appointment. She asks her Supporter Annie to help her look up skin doctors and make an appointment.



Photo by [Kindel Media](#) from [Pexels](#)

Annie will decide which skin doctor she wants to see.

What a Supporter Can Do - 4

A Supporter can help with information about services.

Luke lives in a CILA (Community Integrated Living Arrangement) and would like to go to a different Community Day Service (CDS) program. Luke asks his Supporter Andy to help him learn about other CDS programs in the area. Andy also helps Luke learn about the process for switching programs.



Photo by [MART](#)
[PRODUCTION](#) from [Pexels](#)

Luke will make the final decision on where he goes for CDS.

What a Supporter Can Do - 5

A Supporter can help you figure out your decisions and assist you in speaking up and speaking out for your decisions.

Sarah receives services and thinks that her rights are being violated. She doesn't know what to do and asks her Supporter Lisa for advice. Lisa helps Sarah look at and understand the rights she has while receiving services. Lisa also helps Sarah understand what she can do and who she can contact if she thinks her rights are being violated.



Photo by [Cliff Booth](#) from [Pexels](#)

Sarah will make the final decision and can ask Lisa to help her make a phone call and write a letter.

What a Supporter Can't Do - 1

A Supporter can't make you decide to do something or make decisions for you.

Vince has saved his money and wants to purchase a gaming system. He asks his Supporter David to help him find the best deal on a gaming system. David helps Vince find a good deal, and Vince wants to make the purchase at his local store. David tells Vince that he can't buy the gaming system at his local store, and he must buy it online on the computer.

What a Supporter Can't Do - 2

A Supporter can't be paid for supporting you.

Tammy has a personal care worker named Ellen who helps her with her personal care every day. Tammy and Ellen get along really well. Tammy would like Ellen to be her Supporter. After learning about Supported Decision-Making, Tammy learns that Ellen cannot be her Supporter because only a family member who is not paid to be a personal care worker can be a Supporter.

What a Supporter Can't Do - 3

A Supporter cannot see your records without your permission.

Jim's Supporter is Kevin. Kevin would like to learn more about Jim's disability and asks Jim's staff if he can see his records. Jim's staff tell him no and that Kevin must get permission from Jim. It is up to Jim to decide if and when Kevin can see his records.

Let's Learn About Supported Decision-Making at School

Supported Decision-Making at School

- If you are in school and have an Individualized Education Program (IEP) at school, Transition Planning for your future as an adult will begin at age 14½.
- A Transition Plan should include opportunities for you to practice Supported Decision-Making with the help of the IEP team consisting of parents and school staff.

Common Transition Goals in Your IEP (Individualized Education Program)

Here are some types of transition goals for you to ask to be included in your plan:

- Classes to take to graduate from high school
- How to make decisions
- Life skills training (money/finances, cooking, cleaning, self-care, etc.)
- Job skills or finding a job
- Education after high school such as college

Transfer of Parental Rights for Education After Age 18

- Your parents right to make your school decisions ends unless a legal guardian has been appointed.
- You will be able to make all decisions on your own unless you want your parents or someone else to help you.
- You can think about having a Supported Decision-Making Agreement.
- Your parents can continue to be involved only if you sign a [Delegation of Rights Form](#)

Remember...

It is important to attend your IEP meetings and speak up and speak out about what you want.

It doesn't matter if you do or don't have a legal guardian or a Supported Decision-Making Agreement.

Your voice counts!



Let's Learn About the Supported Decision-Making Agreement

Supported Decision-Making Agreement

You can find the Supported Decision-Making Agreement by clicking [here](#).

Agencies that help you **must** follow the Agreement unless you tell them not to.



Supported Decision-Making Agreement

Under the Supported Decision-Making Act:

A **Supporter** is an adult who has entered into an agreement with a Principal.

A **Principal** is an adult with ID/DD who seeks to enter or has entered into an agreement with a Supporter.

Important Information for the Supporter: Duties

If you agree to provide support to the Principal, you have a duty to:

- 1) act in good faith;
- 2) act within the authority granted in this agreement;
- 3) act loyally and without self-interest; and
- 4) avoid conflicts of interest.

Appointment of a Supporter

I, _____ (insert Principal's name), make this agreement of my own free will. I agree and designate that the following individual as my Supporter:

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Parts of a Supported Decision-Making Agreement - 1

- The Agreement states that the Supporter must help you based on what you want.
- The Supporter must list an address and phone number.

IGAC
INDEPENDENT GUARDIANSHIP AND CURATORSHIP ACT

Supported Decision-Making Agreement

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Page 1 of 4

Parts of a Supported Decision-Making Agreement - 2

- You put your initials on the areas where you want help:
 - Food, clothing, a place to live
 - Medical or Counseling
 - Money
 - Public benefits
 - Work
 - School
- You can initial as many or as few areas as you want or need help to do.

My Supporter is to help me make decisions for myself and may help with making everyday life decisions relating to the following (items initialed by Principal):

- _____ Obtaining food, clothing, and shelter.
- _____ Taking care of my physical and emotional health.
- _____ Managing my financial affairs.
- _____ Applying for public benefits.
- _____ Helping me find work.
- _____ Assisting with residential services.
- _____ Helping me with school.
- _____ Helping me advocate for myself.
- _____ Other, describe: _____

My Supporter is not allowed to make decisions for me. To help me with my decisions, my Supporter may:

- 1) help me access, collect, or obtain information that is relevant to a decision, including medical, psychological, financial, educational, housing and treatment records;
- 2) help me understand my options so that I can make an informed decision; and
- 3) help me communicate my decision to appropriate persons.

I want my Supporter to have (only items initialed by principal)

- _____ A release allowing my supporter to see protected health information under the Health Insurance Portability and Accountability Act of 1996, and/or confidential information under the Mental Health and Developmental Disabilities Confidentiality Act, and/or to see substance abuse records under Confidentiality of Alcohol and Drug Abuse Patient Records regulations is attached.
- _____ A release allowing my supporter to see educational records under the Family Educational Rights and Privacy Act of 1974 and the Illinois School Records Act is attached.

Parts of a Supported Decision-Making Agreement - 3

- The Agreement includes a part about records you may want to share with the Supporter.

My Supporter is to help me make decisions for myself and may help with making everyday life decisions relating to the following (items initialed by Principal):

- _____ Obtaining food, clothing, and shelter.
- _____ Taking care of my physical and emotional health.
- _____ Managing my financial affairs.
- _____ Applying for public benefits.
- _____ Helping me find work.
- _____ Assisting with residential services.
- _____ Helping me with school.
- _____ Helping me advocate for myself.
- _____ Other, describe: _____

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- _____ A release allowing my supporter to see educational records under the Family Educational Rights and Privacy Act of 1974 and the Illinois School Records Act is attached.

Parts of a Supported Decision-Making Agreement - 4

- You and the Supporter must sign and date the Agreement.
- Two (2) other people called witnesses must sign and date the Agreement.

This supported decision-making agreement is effective immediately and will continue until _____ (insert date) or until the agreement is terminated by my supporter or me or by operation of law.

Signed this _____ day of _____, 20____

(Signature of Principal) (Printed Name of Principal)

Consent of Supporter

I, _____ (name of supporter), consent to act as a supporter under this agreement.

(Signature of Supporter) (Printed Name of Supporter)

(Witness 1 Signature) (Printed Name of Witness 1)

(Witness 2 Signature) (Printed Name of Witness 2)

WARNING: PROTECTION FOR THE ADULT WITH A DISABILITY
IF A PERSON WHO RECEIVES A COPY OF THIS AGREEMENT OR IS AWARE OF THE EXISTENCE OF THIS AGREEMENT HAS CAUSE TO BELIEVE THAT THE ADULT WITH A DISABILITY IS BEING ABUSED, NEGLECTED, OR EXPLOITED BY THE SUPPORTER, THE PERSON SHALL REPORT THE ALLEGED ABUSE, NEGLECT, OR EXPLOITATION TO THE ADULT PROTECTIVE SERVICES HOTLINE:
1-866-800-1409 OR 1-888-206-1327 (TTY)

This form is not intended to exclude other forms or agreements that identify the principal, supporter, and types of support.

GAC/07-21

Page 3 of 4

Supported Decision-Making and Your Records

- You decide what records or information that your Supporter can see.
- You will be asked to sign forms called Releases of Information to let your information be shared with your Supporter.
- Only the information you agree to be shared can be shared with your Supporter.
- You can see your own records without help from your Supporter.

Release of Information samples can be found [here](#) on Illinois Guardianship and Advocacy Commission's website.

Ending the Supported Decision-Making Agreement

You or your Supporter can end the Agreement at any time:

- You can tear up the Agreement.
- You can ask someone to tear up the Agreement in front of you.
- You can sign and date a statement that you are ending the Agreement
- You can say that you want to end the Agreement in front of two (2) people (witnesses)

The Supported Decision-Making Agreement Can Also End If...

Your Supporter is found to be abusive or neglectful.

OR

There is a court order that a Supporter can't contact you.

Reporting of Suspected Abuse, Neglect or Exploitation

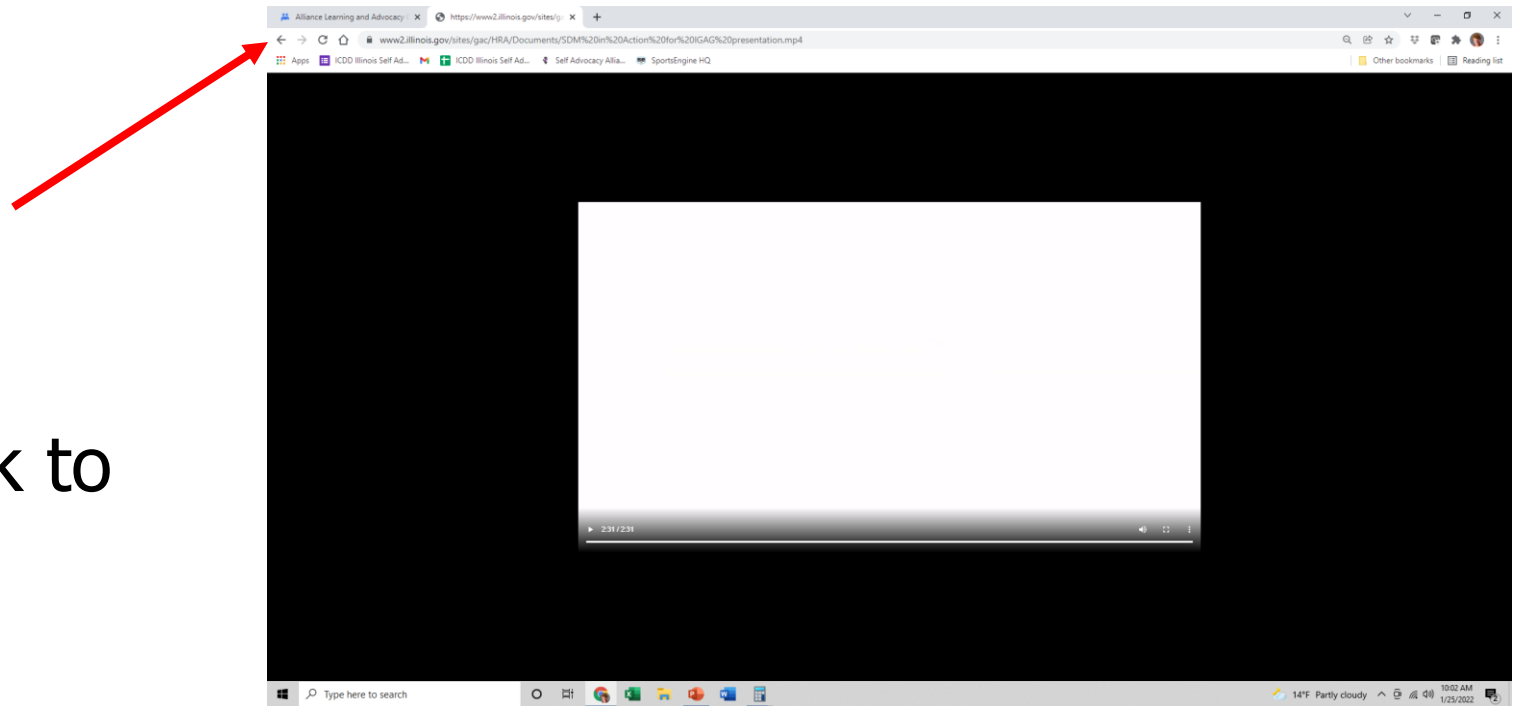
- You have a right to be free of abuse, neglect and financial exploitation.
- If you or someone else believes that you are being abused, neglected or taken advantage of financially by your Supporter, you or anyone can report this to the Adult Protective Services Hotline:
1-886-800-1409
1-888-206-1327 (TTY)

Supported Decision-Making In Action

Watch a video about self-advocate Will McMillan sharing his experience with Supported Decision-Making.

To start the video, click [here](#). The video will start playing.

After watching the video, click the back arrow on the upper left-hand side of the computer screen to go back to the presentation.



Supported Decision-Making in Action - 1

Tony wants a Supporter to help him with medical decisions and paying bills.

Tony has an older sister named Mary. Tony really trusts Mary and talks with her about being his Supporter. Mary hasn't been convicted of any crimes that would prevent her from being a Supporter. Mary agrees to be Tony's Supporter.



Photo by [cottonbro](#) from [Pexels](#)

Supported Decision-Making in Action - 2

Tony fills out the Supported Decision-Making Agreement. He initials medical and financial assistance for his areas of support.

Tony and Mary sign the Agreement, and their mom and dad signs the Agreement as the witnesses.



Photo by [RODNAE Productions](#) from [Pexels](#)

Supported Decision-Making in Action - 3

Tony has a doctor's appointment. The doctor wants Tony change medicine. Tony tells the doctor he wants to talk to his Supporter first.

Tony signs a Release of Information so that Mary can look at his medical records to help him get information.

Mary helps Tony learn about the new medication. Mary also helps Tony write a list of questions to ask the doctor. Tony will decide if he wants to take the new medication.

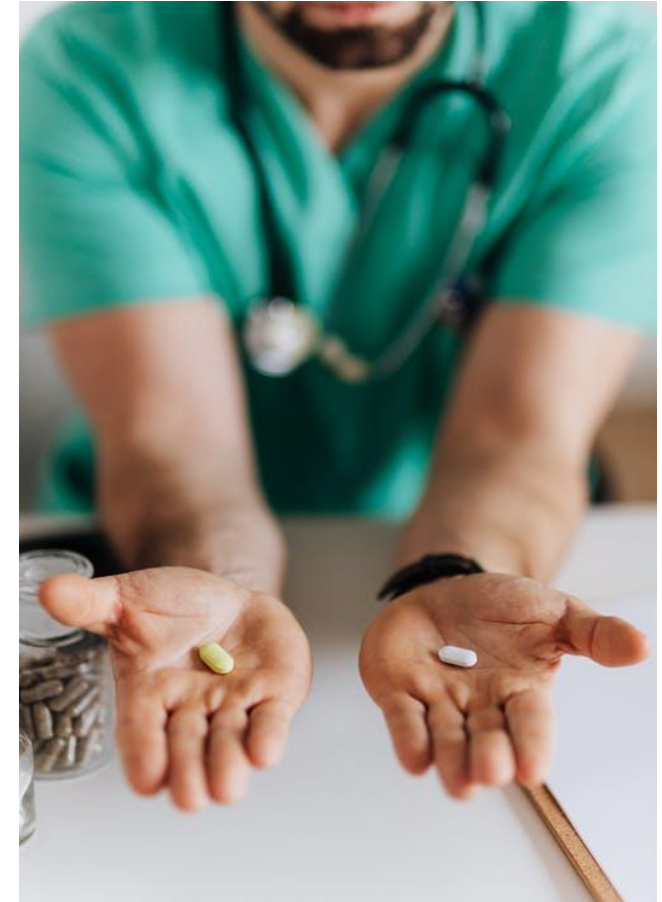


Photo by [Karolina Grabowska](#) from [Pexels](#)

Supported Decision-Making in Action - 4

After a few years, Tony learns how to take care of his medications and pay his bills without Mary's help. Tony decides he wants to end the Agreement.

Tony thanks his sister Mary for helping him learn about his medical and financial needs. Tony tears up the Agreement.

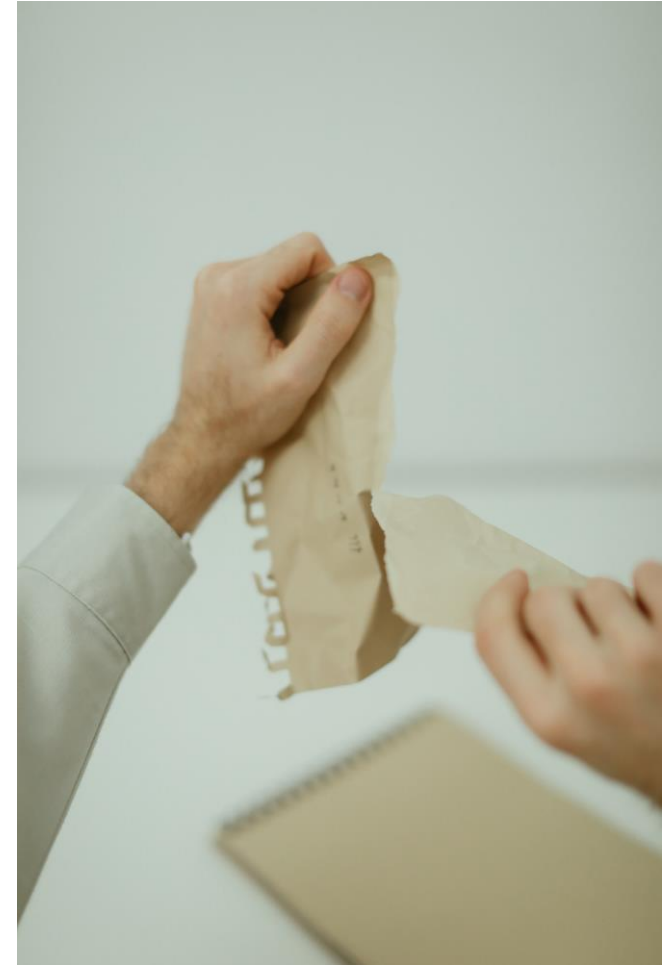


Photo by [Cup of Couple](#) from [Pexels](#)

Supported Decision-Making Resources

Illinois Supported Decision-Making Act

Click [here](#)

Illinois Guardianship and Advocacy Commission Supported Decision-Making Resources

Click [here](#)

National Center for Supported Decision-Making:

Click [here](#)

Contacting Illinois Guardianship and Advocacy Commission



Questions regarding guardianship or disability rights
1-866-274-8023



Resource information on guardianship and disability rights
<https://www2.illinois.gov/sites/gac>



Universal Design support for the development of this presentation provided by the Illinois Self-Advocacy Alliance, Inc. (The Alliance).

Website

<http://selfadvocacyalliance.org/>

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info@selfadvocacyalliance.org

Facebook

www.facebook.com/IllinoisSelfAdvocacyAlliance/?ref=bookmarks



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