Extra Space Edition

Our Bodies, Our Rights: What’s Going On at the Supreme Court?

Part 10: What is self-determination?
Words to Know in Part 10
Self-determination

The right to make choices about your own life. Self-determination means people get to choose what they do with their lives.

Supported decision-making

A way to make decisions. A person with a disability chooses someone to help them understand or communicate a decision. The person they choose is their supporter. The person with a disability makes their own decision and can get help from the supporter.
Supporter

A person that a person with disabilities chooses to help them make or communicate a decision.
What is self-determination?

Self-determination is the right to make choices about your own life.

People use self-determination all the time.
Some ways people use self-determination are:

- Choosing where they will live and who they will live with
- Choosing what they want to do during the day
- Choosing where they want to work
- Choosing if, and when, they want to have children
Having children is a big decision.

People should be able to choose if, and when, they have children.

People with disabilities should be able to choose if, and when, we have children.

Other people shouldn’t stop us from having children.

And other people shouldn’t force us to have children if we don’t want to.
Some people with disabilities need help making choices.

Instead of having a guardian, these people can use supported decision-making.

Supported decision-making is a way to make choices.

A person with a disability chooses someone to help them.

The person they choose is their supporter.
The supporter can help the person with a disability make a choice.

And, the supporter can help a person with a disability talk about their choice.

The person with a disability makes their own choice.

And they can get help from the supporter.

Supported decision-making can help people with disabilities make big choices.
For example, the choice if, and when, to have children.
It is important to remember that all people have the right to self-determination.

People with disabilities have the right to self-determination.

Someone’s right to self-determination doesn’t go away because they have a disability.

It doesn’t go away because they need help making a decision.

It doesn’t go away even if someone is under guardianship.