

Meet Trey

1 Hey! I'm Trey. I'm a teen with a developmental disability.

2 I'm turning 18 soon, and I know that means big changes are coming because legally I will become an adult.



3 I'm excited but also kinda nervous. Let me tell you what I've learned so far.



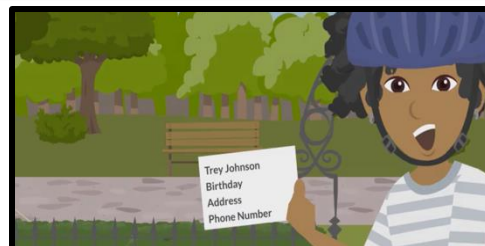
4 First off, I may have to remember some important stuff, like my birthday, my address, and my phone number.



5 Also, what if there's an emergency?



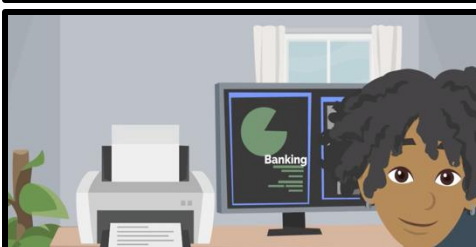
6 I want to make sure I know what to do, like being able to tell people how to reach my family and where I live.



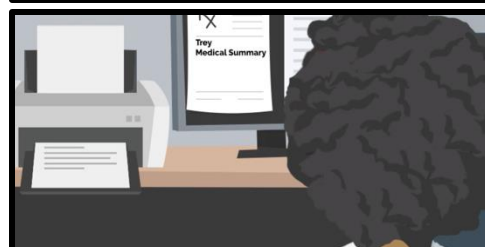
7 So, I wrote down the things I want to be able to say, practiced saying them out loud.



8 Turning 18 also means I'm gonna have more responsibility.



9 I'll be in charge of my money and my own medical decisions.



10 That sounds like a lot, right? But I know I've got people I trust who'll help me out.

Supported Decision- making

11 One thing that helps is something called supported decision-making.

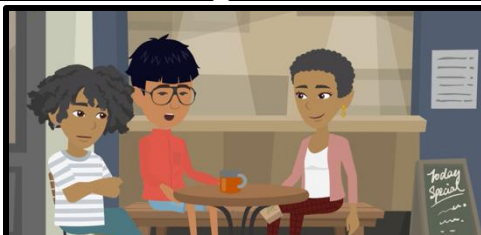
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13 I like hearing their thoughts on decisions and choices I have.



14 When we talk through my options, I feel more confident knowing I have their support in my decisions.



15 Even if a person over 18 has an adult guardian, they can still help make decisions that affect their life, using supported decision making.



16 As my birthday gets closer, I'm feeling a mix of excitement and nerves.



17 I know a lot's gonna change, but I've also got a team of people who care about me. With their help, I'm ready to start this adulting thing!



THE END