
My Life, My Decisions Summit

Panel Discussion Topics and Questions

Topic 1: Importance of Making Decisions and Living a Self-Determined Life

- *In a few words, why is it important to you to make decisions about your life?*

Topic 2: Navigating Challenges when Making Decisions

- *What are some difficulties you have faced when you have made decisions about your life?*
- *Tell us about a time you needed help with making an important decision.*

Topic 3: What Makes a Good Supporter

- *Who is one person you go to for help or advice, and what makes them a good support person for you?*
- *What do you do when you and a professional or a loved one have different ideas about what you should do with your life?*

Topic 4: Closing Advice

- *In a few words, what is one piece of advice you would give to a person with a disability who is afraid of making mistakes?*
- *What do you want professionals to know about supporting people with disabilities during the decision-making process?*

~ Audience Q&A ~