

# A Star Self-Advocate signs her SDMA



Jessica is a leading self-advocate on Long Island, trained as an SDMNY facilitator, who has also been a critical participant/trainer in the SANYS-organized focus groups that reviewed our *Principles for SDMA Legislation* (you can see the panel on this project that she participated in for our November Advisory Council Conference [here](#)). She's also into arts and crafts, and loves to crochet. And, just this week, demonstrating her belief in SDMNY's mission and process, she signed her own SDMA!

Here's what she said during her signing ceremony:

I am a person with IDD I am also a self advocate and am a Rights Ambassador for AHRC Nassau. I sit on the human rights committee, working on less restrictive supports for people with DD I live on my own and I have family & friends who always understand me and a Supported Decision Making [Agreement] will help others support me & make it more clear on difficult decisions in my life. Especially important things like medical & financial decisions that can become difficult for me. I just want to thank people like my friends and family who are supporting me in making those decisions. I also believe this will be helpful to people who are senior citizens and need the same help.

This is some of what her wonderful volunteer facilitator, Sharon, had to say:

This was about Jessica taking control and explaining to her supporters what she needed from each of them in key areas of her life, for the rest of her life. I, as her facilitator, was really just her helper, her guide. I walked beside her, until it was time for her to walk alone. Thank you for the honor and the privilege of working on this initiative with you.

## Congratulations to Jessica, Sharon and all of Jessica's supporters!