

Testimony for 9/9/2025 Hearing for Supported Decision Making from

Jillian Berube

Mass Advocates Standing Strong Vice President

I use Supported Decision Making (SDM) in my everyday life. SDM means something to me personally. I can make my own decisions and pick people and family to help me in different ways. Here are a few examples: Brittany is my tutor, who has become like a sister, helping me to make progress in my learning. Kristen is helping me to develop independent life skills. She makes it fun while doing things, like cooking or cleaning, while dancing around the house with music. I also go to Planet Fitness with Bee to workout. I call it Special Olympics Training because it helps me train for swimming. My cousin Tricia is a nurse practitioner and she helps me to make medical decisions. My mom oversees my program. She works with my agency the ARC of Opportunity to find staff, transportation, community opportunities and develop a budget that will support me in accomplishing my goals and independence. Passing the Supporting Decision Making bill allows everyone to create their own life instead of going to workshops. My life in the community is accessible and I am living the life I want with the assistance of Supported Decision Making. Everyone should be encouraged to participate in Supported Decision Making so that they can create their program, their way and they can have choice. Thank you for this opportunity.

Respectfully submitted by Jillian Berube

[\(53 Spruce St., Winchendon, MA 01475\)](#)