



Talking about Legal Capacity

Introduction to the Conversation Guide | Part 1

Please read this introduction before you start the conversation guide.

What is Legal Capacity?



Legal Capacity is the ability to make decisions. A person with Legal Capacity can decide about things that affect them. They can make big and small decisions for themselves.

People have the right and the ability to make these decisions. Other people must respect these decisions. This is true even if other people do not agree with the decision.

Why do we need to talk about Legal Capacity?



Legal Capacity is an important idea. It can be hard to understand. Talking about things can help you understand them.

This guide will help you talk about Legal Capacity. You can talk about what it means. You can also share your experiences.

People with an intellectual or developmental disability can make their own decisions. Talking about Legal Capacity can help you understand this. It can also show you how to help people make decisions.

Who can use this guide?



This guide is for people and groups who want to learn about Legal Capacity and how it affects people. This guide can be used by any of the following people and groups.

- People labelled with an intellectual or developmental disability
- Networks
- Families
- Community groups
- Agencies
- Service providers

What will we learn by talking about Legal Capacity?



A conversation will help you learn about Legal Capacity. You will talk about the following topics.

- What Legal Capacity means.
- How people with an intellectual or developmental disability have the right to make their own decisions.
- How the United Nations Convention on the Rights of Persons with Disabilities supports Legal Capacity.
- How people can support decision making for everyone.

How do we have a conversation about Legal Capacity?



The conversation guide will help you talk about Legal Capacity.

The conversation will take an hour to an hour and a half. It is a good idea to choose someone to lead the discussion. People in the group can also take turns reading sections of the guide.

Every section of the guide has discussion questions. These are questions for everyone to answer. Different answers will help people see things in a new way.

A conversation is not the same as a meeting or a class. In a conversation everyone is encouraged to talk and share. Everyone should also listen to others. One person should not do all the talking.

Everyone should be able to talk at some point in the conversation. Make sure to hear from different people. If the group is large, it might be better for a few people to answer each question.

This guide can be used online or in-person. You can have this conversation at home, at an online meeting or even in a coffee shop. The most important thing is for everyone to be comfortable speaking. You also need to be able to hear everyone.

Everyone should have a copy of the guide so they can follow along.

Having the conversation



Start the conversation at the section called 'Introductions.'

There are five parts of the conversation. For each part, read what it says in the guide to the group.

When you get to the place called 'Questions for Discussion,' ask the questions. Give people the chance to answer. After they have answered, take some time to talk about what people have said.

