

SUPPORTED DECISION-MAKING *in Maine*

What is Supported Decision- Making?

- ★ Supported Decision-Making, or “**SDM**,” is a way to get help making choices. Supported Decision-Making means that **you** make **your own** choices. You can choose family, friends, or staff who you want to help you make your choices.
- ★ As a part of the process, you can have people you trust, called **supporters**, help you to collect and process information, and make an informed decision.
- ★ Supported Decision-Making is a great **alternative to guardianship** - it provides a dependable, formalized process for you when you need to make a decision.
- ★ SDM is flexible and can change with your needs. It will give you more **independence and freedom**.

Learn more at:

www.supportmydecision.org

Decision-Making is a Skill

- ★ Decision-making is *not* a one-size-fits-all model. We all make decisions differently because **we are all individuals**.
- ★ We all need **support** to make decisions at some point during our lifetimes. Some examples are:
 - ◆ Asking your family for advice on living options.
 - ◆ Asking friends about choosing a school or program.
 - ◆ Asking your doctor about medical treatment.
- ★ Like any other skill, decision-making can be **practiced and learned**.
- ★ If your disability makes it difficult for you to practice decision-making, you have the **right to be accommodated**.

INTERESTED or have **QUESTIONS?**

VISIT: www.supportmydecision.org

CALL: 1.800.452.1948

