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](http://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