

# SUPPORTED DECISION-MAKING

*...has arrived in Maine!*

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## What is Supported Decision-Making?

- A way to make choices with the help of a decision-making **process** that will guide you to a decision.
- As a part of the process, you can have trusted people called **supporters** help you collect information, process information, and make an informed decision.
- **You** are in the driver's seat!

Supported Decision-Making is a great **alternative to guardianship** - it provides a dependable, formalized process for you when you need to make a decision.

Supported Decision-Making is flexible and can change with your needs. It will give you more **independence and freedom**.

*Learn More At:*

**[supportmydecision.org](http://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 require **support** to make decisions at some point during our lifetimes. Some examples are:
  - ◆ Asking a mechanic about a car repair
  - ◆ Asking friends about choosing a school
  - ◆ Asking your family for advice on living options
- 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 : [supportmydecision.org](http://supportmydecision.org)

CALL : 1.800.452.1948

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Maine's Supported  
Decision-Making  
Coalition.*

**DISABILITY  
RIGHTS  
MAINE** 