

WHAT IS SUPPORTED DECISION-MAKING?

Supported Decision-Making (SDM) is the use of trusted friends, family members, and other important people in your life to get the help you need to make your own decisions.

These people can help in many ways, including: explaining situations, weighing pros and cons, looking at different options, offering advice based on experience, and/or explaining confusing documents or concepts.

The decisions people need help with can be as simple as what to have for dinner or as hard as deciding where to live or what medication to take. The point is, you don't have to do it alone.

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My Choice Kentucky: mychoiceky.org



HOW DO I GET STARTED?

Think about what decisions you want help with:

- Work
- School
- Where to live
- Being/getting healthy
- Relationships
- Community involvement

Are you making any of these decisions now? Are there more decisions you would like to make?

Who would you like on your team?

- Family
- Friends
- Support workers
- Professionals- doctors, attorneys, case managers, etc.

How often do you want your team to meet?

- What will be meetings look like?
- Monthly team meetings? Weekly team meetings?
- Regular check-ins with team members?
- Dinner? Formal in-person meetings? Phone calls? Online meetings? Texts?

What are your goals?

- Big goals
- Small goals
- You could use a vision board

RESOURCES

- **My Choice Kentucky** - mychoiceky.org
- **Kentucky Protection and Advocacy** - kypa.net
- **National Resource Center for Supported Decision-Making** - supporteddecisionmaking.org
- **Commonwealth Council on Developmental Disabilities** - ccdd.ky.gov
- **Autistic Self Advocacy Network** - autisticadvocacy.org
- **Universal Design and Assistive Technology** - hdi.uky.edu

