**What is Supported Decision-Making?**

- **Supported Decision-Making**, or “SDM,” is a way to get help making choices. SDM means that **you** make your own choices.
- You can have people you trust, called **supporters**, help you to collect and process information, to help you 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.
- Supported Decision-Making is flexible and can change with your needs. It will give you more **independence** and **freedom**.

Scan the QR Code for More Information!
• **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 treatments

• 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:** 800.452.1948