

# SUPPORTED DECISION-MAKING

## 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 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 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](http://www.supportmydecision.org)

**CALL:** 800.452.1948

**DISABILITY  
RIGHTS  
MAINE** 