

3 MINUTE WEBINARS: EXPLORING SUPPORTED DECISION MAKING

LUCY BEADNELL, THE ARC OF NORTHERN VIRGINIA



74% OF THE FUNDING FOR THIS PRODUCT WAS PROVIDED BY THE VIRGINIA BOARD FOR PEOPLE WITH DISABILITIES UNDER THE FEDERAL DEVELOPMENTAL DISABILITIES AND BILL OF RIGHTS ACT. FOR MORE INFORMATION ON THE BOARD, PLEASE CONTACT:

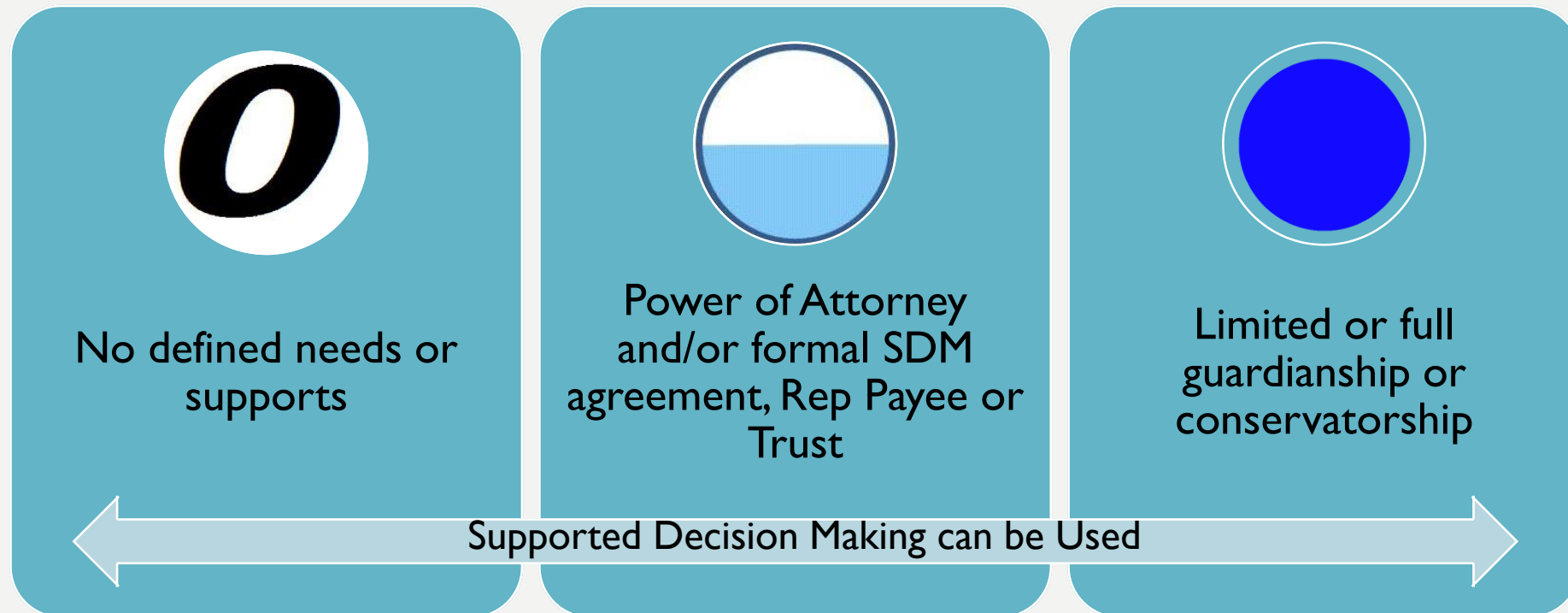
VIRGINIA BOARD FOR PEOPLE WITH DISABILITIES, 1100 BANK STREET,
7TH FLOOR, RICHMOND, VA 23219, (800) 846- 4464, OR VISIT THE
BOARD'S

WHAT IS SUPPORTED DECISION MAKING?

- At its most basic, Supported Decision Making is having people you trust to help you make decisions
- Part of our culture for everyone
- Can be formal or informal



THE SPECTRUM OF DECISION MAKING SUPPORTS



WHY USE SDM?



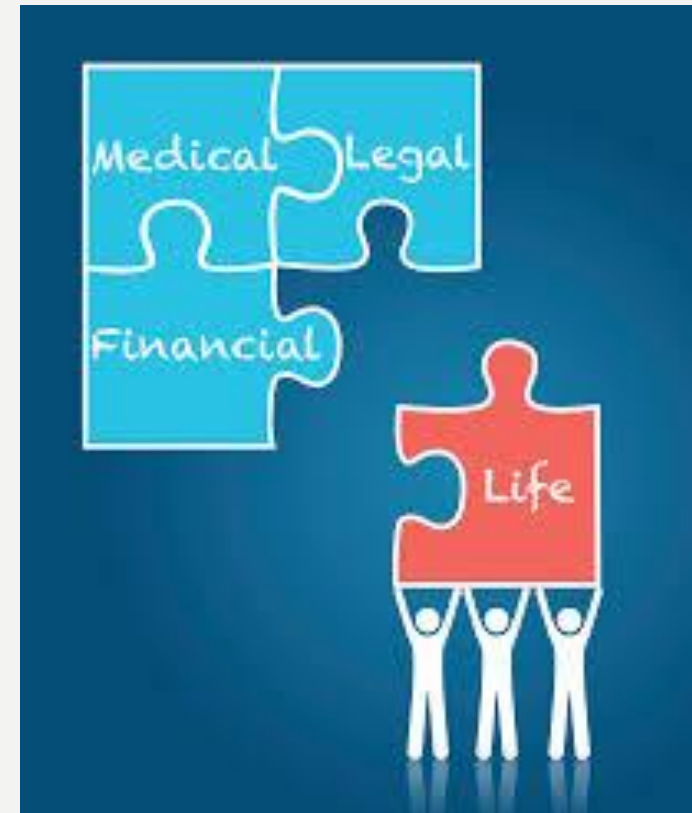
PUTTING SDM INTO ACTION

- Read about it and get some ideas onto paper (see resource section at the end of this presentation)
- Talk to your supporters and plan to communicate regularly
- If you want to use legal tools (e.g., POA), then put them into place
- Keep evaluating over time



SDM RESOURCES

- The Arc of Northern Virginia
 - <https://thearcofnova.org/programs-services/sdm>
- National Resource Center for Supported Decision Making
 - <http://supporteddecisionmaking.org/>
- Center for Public Representation
 - <https://supporteddecisions.org/>



LEARN MORE ABOUT THE ARC OF NORTHERN VIRGINIA

- Visit us online at <https://thearcofnova.org/>
- Ask us a question at <https://thearcofnova.org/answers/>
- Find our Transition POINTS guides and tool kits at <https://thearcofnova.org/programs/transition/>
 - Early Intervention
 - Special Education
 - Securing a Future
 - Entering the World of Work
 - **Finding a Home**
 - Aging with a Disability