

Roadmap to Supported Decision Making



Step One

Assess your needs. Can you make choices with support? How much support? Who do you want to help?

Step Three

Build your team. Who can help with each area of your life? How can they communicate with you? Ask them to be sure they can help.

Step Five

Work your plan. As you make big and small choices, look to your Agreement and ask your team for support.

Making

Step Two

Explore options. Read about decision making options, watch videos, talk to others. What kind of ideas work for you?

Step Four

Get it on paper. Write up a Supported Decision Making Agreement, Powers of Attorney, Special Needs Trust, or whatever tools you need

Step Six

Keep it up. A couple times a year, review your Agreement. See what is working. Change your plan as you needs change.

Learn more and get helpful tools at <https://thearcofnova.org/programs-services/sdm-resource-library/>