

What do I already make decisions on successfully?

There are already many decisions that you are making on your own in lots of different areas of your life. List things you routinely make decisions on (we've included some examples in each category):



Health

- eating
- exercise
- physical health care
- Other...



Home

- where I live
- who I live with
- what I like in my home
- Other...



Money

- working
- what I spend \$ on
- Saving \$
- Other...



Service systems

- hiring help
- what's in my care plan?
- programs I am in
- Other...



Other

- transportation
- activities for fun
- having relationships
- Other...

What kinds of decisions do I want support with?

Sometimes you may not have experience making a certain kind of decision, and you may want more support until you are comfortable making these decisions yourself. Sometimes you may want support from a person who you think has more experience or knows more about a topic than you do when you are making a decision. Think about the areas in your life where you would like support when you need to make decisions (use the box below to list them).

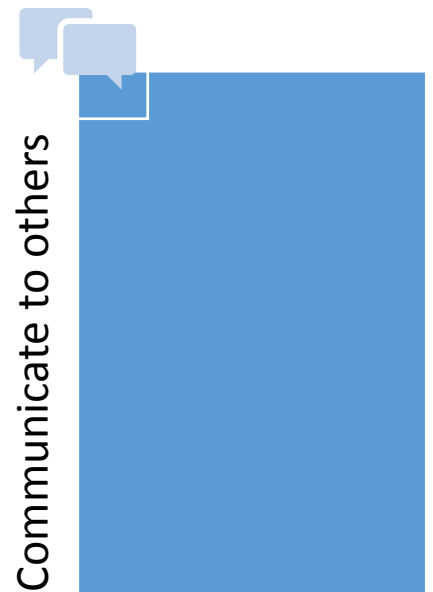
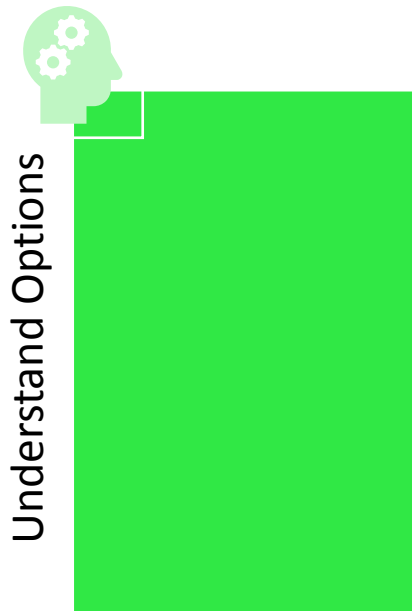
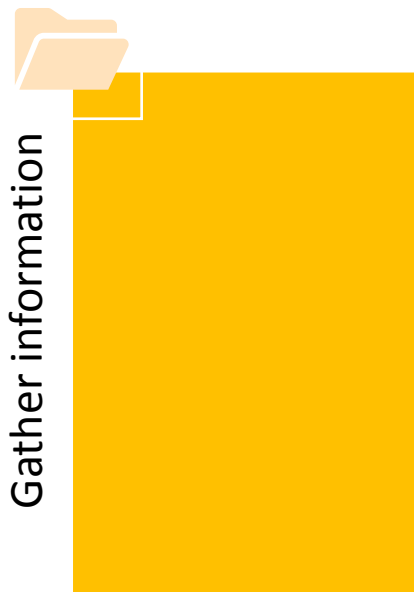
How do I want to get help?

Supporters can support you in your decision making in three key ways:

1. Help you to gather and understand information you need to make a decision
2. Help you understand your options, responsibilities, and potential results of your decision
3. Help you communicate your decisions to others

You can have a Supporter help you in one, two, or all three of these ways.

Think about the decision area, what support you want, and the kind of tasks (requesting information, making phone calls, reading and explaining materials etc.) that you want a Supporter to help you with



What am I looking for in a Supporter? (Their job description)



Who can I choose to be my Supporter?

Think about people you know. These people can be family, friends, co-workers, professionals, etc. These are people in your life. What kinds of expertise or skills do different people in your network have? Are there people in your network who have knowledge and skills you are looking for in a Supporter? What are some strategies to grow the circle of people in your life so you have the support you want?



Routinely discuss your Supported Decision-Making Agreement with your Supporter

Supported decision-making agreements should be revisited on a routine basis to:

1. Make sure that the Supporter is the right fit
2. Make sure the Supporter has a current understanding of your needs, preferences/wishes, and expectations
3. Make sure you have an understanding of any changes in the Supporter's life that may impact their availability to do the role outlined in the Supported Decision-Making agreement
4. Update the scope of the Supported Decision-Making agreement as necessary, including evaluating whether the current Supporter is the right person to be the Supporter for decision type(s) and whether you want more or less support
5. Resolve conflicts in cases where the Supported Decision-Making agreement between you and your Supporter is not working, including reducing the Supporter's scope (fewer decision areas, fewer roles) or terminating the agreement.

