

SUPPORTED DECISION MAKING *YOU DECIDE!*



WHAT IS SDM?

Supported Decision-Making (SDM) helps you make **your own choices** with help from **people you trust**.

It's an alternative to conservatorship.

You choose to have help with:

- Staying safe
- Home, Work, Friends
- Health Choices
- Relationships
- Budgeting money and more...



MAKE A PLAN

- Think about where/when you want help
- Ask people to help you
- Make a plan on paper and talk about it
- Change plan when you want

YOU CHOOSE

To make a decision alone **or** with help

YOU CHOOSE

To get help from people you trust

YOU CHOOSE

The people on your team

YOU CHOOSE

People you trust to help you understand to make choices

YOU CHOOSE

To sign your own documents with support

YOU HAVE THE RIGHT

To make changes at any time and be free of abuse