

# Supported Decision-Making Agreement Worksheet

Supported decision-making is a great way to get the help you need to make decisions in your life. With Supported decision-making you remain in control of your own choices, but you can select people in your life to be a Supporter. You choose what kinds of decisions you want support with, and how you want to be supported. You can ask a Supporter to assist with 1) getting information you need to make your own decision 2) helping you understand your options so you can make your own decisions 3) communicating your decisions to others. This worksheet will help you the kinds of decisions where you may want a Supporter, who are the people in your life who could serve as Supporters, and how to talk with your Supporter on what you would like help with and what you want to do on your own.

## 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 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?

### Gather Information



### Understand Options





### Communicate to Others



## WHAT AM I LOOKING FOR IN A SUPPORTER? (WHAT SKILLS DO I WANT THEM TO HAVE?)

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).

 <b>MUST HAVE</b>	 <b>SHOULD NOT HAVE</b>
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## WHO CAN I CHOOSE TO BE MY SUPPORTER?

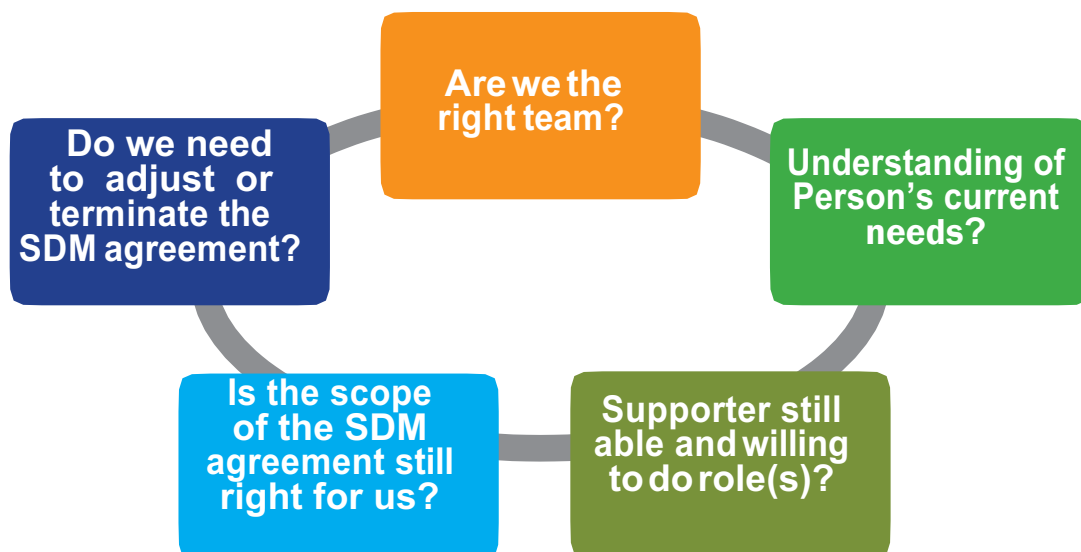


# ROUTINELY DISCUSS YOUR SUPPORTED DECISION-MAKING AGREEMENT WITH YOUR SUPPORTER

Sometimes things can change in your life or in your Supporter's life. 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 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

It is important to have ongoing conversations about:



Now you're ready to fill out the Supported Decision-Making Agreement.



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