

**“MY VOICE
COUNTS”**

**Supported
Decision Making
An Alternative to
Guardianship**

**A Self Advocate’s Guide to
Supported
Decision
Making**

ACKNOWLEDGMENTS

“MY VOICE COUNTS”

Supported Decision Making An Alternative to Guardianship

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**A Self Advocate’s Guide to
Supported Decision Making**

**Written/Presented By:
Advocates as Leaders
Self Advocacy
Speaker’s
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My Voice Counts

A Self Advocate's Guide to Supported Decision Making

Designed For People Who Are Self Determined

"My Voice Counts" was designed and created by the Utah Advocates as Leaders, Self Advocacy Speaker's Network. The speakers of the network, advocates like yourself, researched and wrote this guide to help self determined people think about the ways in which their voices can be heard when making both simple and hard decisions.

This guide will give you ideas in 5 different areas of Supported Decision Making



Understanding Supported Decision Making as an Alternative to Guardianship

How to Choose the Right People to Be a Part of Your Support Team

How to Organize Your Ideas About What You Would Like to Do and What You Might Need

How to Create Your Own Supported Decision Making Agreement

Awareness of Legal Forms and Resources that Might Be Helpful in Your Life





Supported Decision Making

An Alternative to Guardianship



About SDM

What is Supported Decision Making?

Simply put, SDM is a way to plan your life and achieve your goals by working with a team of trusted supporters in order to make your own decisions about your future. By using your friends, family members and professionals, you will better understand the situations and choices you might face when making both simple and hard decisions. SDM promotes your ability to be self determined, have control over your own decisions and empower you to be more self-sufficient and independent.

Reaching Your Highest Potential

Supported Decision Making is not really a new idea. As a matter of fact, you have been learning about this idea for many years. Think back about the words you might have heard like self advocacy or maybe self determination. Some of you already might be running your own educational or service support meetings and others may be voicing your opinion to the people who care about you, about the things you want in your life. All of these things have an important role when using the supported decision making idea.

Supported Decision Making is all about...



- ◆ Self determination/Self Advocacy
- ◆ Showing people, that with their help, you can make good decisions that will improve the quality of your life
- ◆ Be willing to try new ideas and explore different possibilities
- ◆ Be willing to look at your own strengths and challenges when deciding on the supports that you will need in order to be successful
- ◆ Be willing to work with a team of supporters to achieve your goals
- ◆ Be willing to accept the responsibilities and consequences of the decisions you make
 - ◆ Be willing to write your ideas down with the help of your supporters

About Guardianship

What is Guardianship?

A guardian is someone who can help you with making life decisions or make decisions for you. They are appointed by a judge to make these decisions. There are two types of guardianship: full and partial.

A **partial (limited) guardian** can make decisions, with or without your opinion or permission in **SOME** areas of your life.



A **full guardian** can make decisions, with or without your opinion or permission in **ALL** areas of your life.

How is SDM Different than Guardianship?

Guardianship



A guardian can help you make life decisions or make decision for you.

A judge decides who will be your guardian.

A Guardian can decide about the types of supports you will need.

A Guardian accepts the responsibility and consequences of their decisions.

Supported Decision Making

SDM is a way to plan your life by working with a team of trusted supporters in order to make your own decisions. You decide who will be part of your support team.

You are responsible for deciding the areas that you need help with and the type of supports you will need.

You accept the responsibility and consequences of your decisions.

Can you answer the following questions?

How would you FEEL if someone wanted to become your guardian?

If someone wanted to limit your rights, what questions might you ask?

Why Are My Family or Friends Talking About Guardianship?

For several reasons:

When you turn
18 years old

WHY?

When you turn 18 years old in the State of Idaho, it is called “the age of majority” and it means that you have the same rights and consequences as other adults. You now have the right to make decisions on your own, if you wish.

Schools or doctors sometimes
tell them it is necessary

WHY?

Many times school personnel or people who provide you with your health care may have some questions about your ability to make decisions about your educational goals or your health care needs. They may feel you will need support in making these decisions and recommend to your family and/or friends to become your legal guardian.

They may believe that it is the only
way to help you with your money
or connect you to adult supports

WHY?

Many people are unaware of the options that can be used when helping you in protecting and using your money responsibly. If you need help with other areas of your life, such as connecting and maintaining adult supports, family, friends, professionals and community members can assist you with these support, if you give verbal or written permission.

They might think there
is no other legal
solution to help you

WHY?

In the past, we never thought that people with disabilities could use the same legal documents that are available to other United State citizens. Today people with disabilities have a variety of assets that may be protected in different ways.

GUARDIANSHIP



NOW
IS THE
TIME



SUPPORTED DECISION
MAKING



DO YOU UNDERSTAND THE
DIFFERENCES?

See if you can match the statement with the right idea.

I decide on my own goals with
help from others

A judge will decide who can make
decisions for me

A written agreement is created by me and the
people who support me

This could take away my right to marry,
drive a car or enter into a contract.

A team of people that I choose will help
me make decisions

There are 2 different types:
partial (limited) and full

This idea makes me feel **NOT** very
empowered

I will have to go to court

**Supported Decision
Making**



Guardianship





Let's Get Going

How Do I Get Started? What Do I Do Now?

Talk with your friends, family members and the people you trust about your ability to make good decisions with their support.

**01
STEP**

Identify the areas of your life you will need support with and think about the ways your support team can assist you.

**02
STEP**

Identify the supportive people in your life. Who would you choose to help you and are they willing?

**03
STEP**

Create an agreement with your supported team to get started on achieving your life goals. Depending on your situation, additional legal forms may need to be explored to help protect your money, health and your personal belongings.

**04
STEP**

STEP 1

Talk with your friends, family members and the people you trust about your ability to make good decisions with their support.

Every Person, With or Without Disabilities, Make Decisions about Their Lives Everyday!

It is not uncommon for ALL of us to rely on others when making decisions. We might call our brother if we had a question about fixing our cell phone or maybe our mom to ask her how to make her great spaghetti sauce. We all get advice and help from our friends and family members when making both simple and hard decisions.



Supported Decision Making is all about **how** your friends, family and even professionals can help you make good decisions, but you are the one that has the final say. By having this responsibility, it will be important to show others that you are determined, responsible and capable of making decisions that will improve the quality of your life.



SOME DECISIONS ARE EASY AND SOME DECISIONS ARE HARD!

EASY DECISIONS

What do I want to wear today?

What should I have for dinner tonight?

Should I go to the movies with my friends or stay home and watch my favorite TV program?

The easy ones are the ones we don't have to think too much about, but the hard ones, you might find that you will have to explore more options, ask lots of questions, and take a little extra time thinking about what you will do.

HARD DECISIONS

Where do I want to live?

What goals do I want to achieve?

Can I manage my own money?

Where can I find supports that will help me be successful?

If I have an important medical problem who can I trust to help me?

When making a decision think about these 3 important ideas:

1. Preferences

What do you like or don't like?

2. Values

What is important to you?

3. Needs

What are the things you need to live as happily and independently as possible?

Name 2 simple decisions you made today

1.

.

2.

Name 1 HARD decision you had to make in the last 30 days (month)

1.

STEP 2

Identify the areas of your life you will need support or help with and think about the ways your support team can assist you.

Everybody who loves and cares about YOU wants you to be healthy and safe. If you are not able to show your supporters that your goal is to live in a safe environment, be aware of your surroundings, try not to put yourself in harms way and take care of your health needs, just to name a few areas of possible supports, Supported Decision Making will be a tough journey. Remember it's about helping you make good decisions.

DON'T GO IT ALONE...thinking about and identifying the things you want, need or wish are all pretty big decisions. If you need someone to help you think about all the different areas of YOUR life, don't be afraid to ask a trusted person to lend a hand.



People are COMPLICATED!! Each one us will have different needs at different times in our lives. The "life" areas listed below might or might not meet your particular situation. Just a place to start.....

Check the LIFE AREAS that your supporters can help you with to make good decisions.

- Being and Staying Safe
- Daily Living (Personal Care)
- Health Choices
 - Physical
 - Mental
- Home, Work and Friends
- Money /Financial

- Education and/or Training

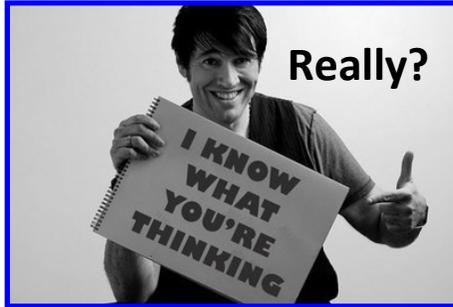


- Transportation
- Dating /Partners
- Free Time/Social
- Caring for a Child

- Pet Care



MY LIFE LIST



Most of the supporters you choose will NOT have the ability to read your mind. If you want to make your own decisions you will have to decide on the things you need and want.

Check out the different "LIFE AREAS" and mark the ones that you want your supporters to help you learn or achieve. Share this "LIFE LIST" with the people who are willing to support your ideas.

Being and Staying Safe

- Making safe choices around my home: remember to turn off the stove, cleanliness, fire alarms, adaptive lighting or hearing devices.
- Making choices about the way people treat me. If I am being treated badly helping me speak up and get help.
- Making choices about alcohol and drugs
- Making choices about where I go and who I go with
- Other things:

Daily Living

- Making choices about food, getting food or preparing food
- Making choices about clothing, cleanliness and style
- Making choices about showering/bathing, brushing my teeth, combing my hair
- Making choices about my medications, understanding why I take them, remembering to take them and refilling them.
- Other things:

Money/Financial

- Making choices about how I can pay my bills on time and keep a budget.
- Making choices about how I can keep my money safe
- Making choices about big decisions about my money (signing a lease, getting a credit card, purchasing a home)
- Other things:

Education and/or Training

- Making choices about my goals under the Individual Education Plan (IEP)
- Making choices about who will come and support me with my IEP plan
- Making choices about higher education
- Making choices about learning a new skill (cooking, art, music, martial art, dance)
- Making choices about being involved in community classes
- Other things:



THE “LIFE LIST”

Part Two

Health /Physical Health

- Making choices about living a healthy lifestyle: belonging to a gym or looking for a walking partner.

Making choices about regular visits to doctors for routine health care and maintenance

- Making choices about dental health
- Making choices about major medical care: surgeries, big injuries or illness
- Making choices about medical care in emergencies
- Making choices about my medical directives in case I wasn't able to make my own decisions
- (Advance Medical Directives)
- Other things:

Mental Health

- Making choices about finding a doctor or a therapist
- Making choices about medications
- Making choices about alternative treatments
- Other things:



Dating and Partners

- Making choices about who I would like to date
- Making choices about being safe on social media
- Making choices about sex, birth control and pregnancy
- Making choices about marriage
- Other things:





THE "LIFE LIST"

Part Three

Transportation

- Making choices about how I will get around: Bus/Trax/Train/Using my Bike
- Making choices about the different transportation options
- Making choices about getting a drivers license, understanding the responsibilities of owning a car and the cost.
- Other things: _____



Free time/Social

- Making choices about fun activities (going to a friend's house, taking a vacation)
- Making choices about joining a social group or participating in social events
- Other things: _____



Home, Work and Friends

- Making choices about where I want to work
- Making choices about where I live and who I live with
- Making choices about my support services
- Making choices about where I go and who I go with
- Other things: _____

Caring For a Child

- Making choices about the supports needed (in-home visits, parent training, daily living skills)
- Making choices about child care, early intervention services and counseling
- Making choices about accessing educational or mentoring programs
- Learning more about crisis intervention services and supports
- Learning more about public benefits that might be needed for both you and your child
- Other things: _____



Other Life Areas:

- Other things: _____
- _____
- _____
- _____

Pet Care

- Making choices about the type of pet I would like to own
- Making choices about maintaining the pet I have chosen (food, medication, veterinary services)
- Other things: _____
- _____



STEP 3

Identify the supportive people in your life who are willing to assist you.

Who Should Help Me Make My Decisions?

Remember how we said that we all get advice and help from our friends and family members when making both simple and hard decisions? Now it's your turn to decide who will help you. Here are some things to think about when choosing the people to be part your SDM Team.

Someone who is honest

Someone who has knowledge or expertise in a specific area

Someone who will listen to your voice and the things you would like in your life

Someone who will follow through with their commitment



Someone who is willing to help you

Someone who will talk to you and not just the people around you



Someone you can trust

Someone who has similar interests

Someone who is creative and willing to explore all possibilities

Name the 3 things that **YOU** think are the most important to you when choosing a supportive person.

1.

2.

3.

Supported Decision Making

Let's Take a Break and

S V F T M B I K O S
 E R I R A M G P H E
 W E E T E Z V T G I
 X S F T T E G P F T
 A P P Z R N D U R I
 R E F S E O T O S L
 A C E R L U P I M I
 Z T T B R A C P S B
 O S F E C I O V U A
 C H O I C E S G X S

Have Some
Fun!!!

ABILITIES
 CHOICES
 FREEDOM
 FUTURE
 GOALS
 RESPECT
 STRENGTH
 SUPPORTERS
 TEAM

Across

4. What comes after the present? The _____
5. I'm a self advocate. My _____ counts
6. Things that you are trying to do or achieve.
8. I like to be treated with _____
9. What is a group of people working together called?



Down

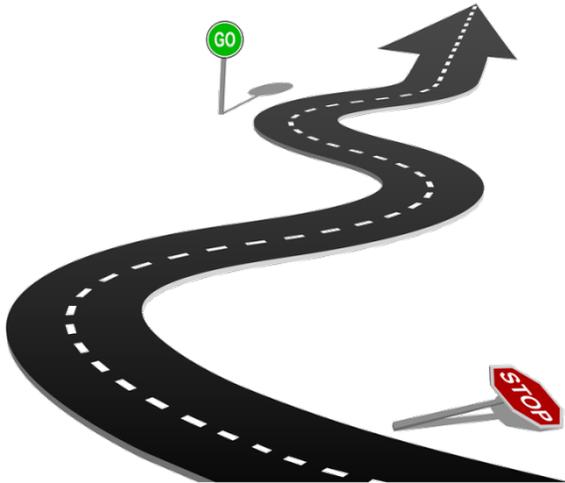
1. Don't focus on my disabilities, focus on my _____
2. People who help me are called my _____
3. I want to make my own _____ and decisions
4. I want to be given The _____ to make mistakes
7. To stand up for yourself, it takes courage and _____

Choices Abilities Team Respect
 Future Voice Goals Strength
 Supporters Freedom

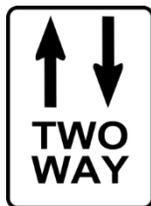
STEP 4

Create Your Own Supported Decision Making Agreement

A Road Map for Accomplishing What Matters Most to YOU



Yes it's true, we do all types of planning every day. When you turned 18, you now have more choices about what you would like to plan in your life. Some of your plans will be simple, like planning for a weekend or taking a vacation and don't really need anything in writing, but what if you needed help with your money or your health? Or what if you needed assistance with moving out on your own or getting better training so you can get a great job? These type of goals may need a written agreement between you and your supporters that you can create yourself. Supported Decision Making agreements are one, of many tools available, that you can use for planning your future. Let us show you how!



AGREEMENTS are a two way street. All agreements involve 2 people who are willing to provide something to each other. Usually agreements are legally binding, that means that if either one of you do not do what you said you would do, you could take legal action against each other. A Supported Decision Making is a little different. In this agreement, you are giving your supporters the "AUTHORIZATION" to assist you in the areas of life that you need help or support in. That means that you are giving your "PERMISSION" for your supporters to point out all of your options and support you with taking the steps to accomplish your goals. Supported Decision Making agreements are in writing and will take some planning.

**PEOPLE WHO PLAN
ARE MORE LIKELY TO
ACCOMPLISH THE
THINGS THAT MATTER
THE MOST TO THEM**



REMEMBER, PLANNING HELPS WITH:

- ✓ Setting the direction of YOUR goals, priorities and needs
- ✓ Getting everyone on the same page
- ✓ Setting time limits for completion
- ✓ Being sure that all of your options and resources are explored



ANYONE can write an agreement. Sounds scary? Not really because most of you already have had some experience in writing and being part of an agreement.

Have you ever been a part of any of these?



An Individuals Education Plan (IEP) or a 504 Plan?



An Employment or Work Forces Service Plan?



A Person Center/Directed Plan?

Getting Ready to Start Writing Your Own Supported Decision Making Agreement

BEFORE you start writing your plan.... have you done the following?

Mark the ones you have completed.

- You have thought about the things you want in your life and have chosen the things you will need help with from your supported decision making team (Life areas).
- You have chosen your support people and have shared with them the ideas behind the Supported Decision Agreement. They have agreed to assist you with accomplishing your goals.
- You have set up a time and date to meet with your Supported Decision Making team and have invited them to your meeting.

Attached to this handout are several sample Supported Decision Making agreements. Each agreement looks a little different and you can use them in any way you feel best fits your ideas about how you want your agreement to look and work.

Check out Some of These Resources before you start writing your agreement

- ✓ Texas Council for Developmental Disabilities
[www. tcdd.texas.gov/.../Supported-Decision-Making-Agreement-Oct15.pdf](http://www.tcdd.texas.gov/.../Supported-Decision-Making-Agreement-Oct15.pdf)
- ✓ Maine SDM Coalition
[www. Support My Decision.com](http://www.SupportMyDecision.com)
Designation of Supported Decision-Making Team Form (tools)
- ✓ American Civil Liberties Union/Support Decision Making
www.aclu.org/issues/disability-rights/supported-decision-making
- ✓ Yukon Health and Human Services
www.gov.yk.ca/forms/forms/5000/yg5255_e.pdf
- ✓ District of Columbia Schools Educational Supported Decision Making Form
<https://dcps.dc.gov/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20Making%20Form.pdf>



<http://www.lifecoursetools.com/>

Things You Will Want to Include in Your Agreement

Your Name Address Telephone number Email address

The Names and contact information of the people who will be supporting you with your agreement.

A Place for the supporter to voluntarily agree to help you make decisions in the areas of life you choose.

A Place where you identify the “Life Areas “that you will need help with in order to be healthy and safe.

A Place to talk about how the agreement can be changed.

A Place for you and supporters to sign and date the agreement.

We all have different preferences, values and needs.

We all have different abilities and challenges.



NO “ONE AGREEMENT” FITS ALL

We all have different life situations.

We all have different support systems.

SARAH'S SUPPORTED DECISION MAKING AGREEMENT



MEET SARAH



THIS IS JOHN SARAH'S BROTHER



THIS IS SARAH'S MOM, ROSE



THIS IS SARAH'S BOYFRIEND, JACK



THESE ARE HER FRIENDS



SARAH'S BOSS



SARAH'S SWIMMING FRIENDS



SARAH'S VR COUNSELOR MR. TAYLOR

Sarah's Road Map

STEP 1

Sarah started talking with her family, friends and school teachers about the areas of her life that she would like to improve. She made them aware that she wants to make her own decisions but needed support to make some of these decisions about her life.

STEP 2

Sarah look at her "life areas" and started to think about the ways her support team could assist her.

Sarah believes that she will need help with decision making at school, learning more about her money and benefits and her different options for loosing weight.

STEP 3

Sarah chose her mother Rose and her brother John, her Vocational Rehabilitation Counselor Mr. Jones, her boyfriend Jack and her friends Molly and Sue to be a part of her Supported Decision Making team.

STEP 4

Sarah met with her supporters and created an agreement. Her supported team helped her design the agreement.

Check out Sarah's agreement on the next page. →

PLEASE NOTE: The names, addresses & phone numbers on this agreement are examples only. None of the personal information is true.

Sarah's Supported Decision Making Agreement

A Supported Decision Making Agreement is a way to plan my life and achieve my goals by working with a team of trusted supports in order to make my own decisions.

My SUPPORTERS are the people who I trust to help me make decisions

My SUPPORTERS do not have my permission to make choices for me. I will make my own choices, with their support. I am the person who has the final say.

My Name Sarah Thomas

Date of Birth 01/05/1999

Address 12 Cherry Lane (City) Yuma

(State) AL (Zip) 000022

Telephone: Home 801-000-0000

Emergency Contact: Name Rose Thomas Phone Number 801-001-0003

I have decided that I will need assistance with decision making in the following "Life Areas".

- | | |
|--|---|
| <input type="checkbox"/> Being Safe and Staying Safe | <input type="checkbox"/> Daily Living |
| <input checked="" type="checkbox"/> Education and Training | <input checked="" type="checkbox"/> Money and Financial |
| <input checked="" type="checkbox"/> Physical Health | <input type="checkbox"/> Dating & Partners |
| <input type="checkbox"/> Mental Health | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Home, Work and Friends | <input type="checkbox"/> Free time/Social |
| <input type="checkbox"/> Caring for a child | <input type="checkbox"/> Pet care |
| <input type="checkbox"/> Other Areas _____ | |

Why I feel I will need support with making decisions: Need help talking to doctor. Not sure what to do with my Aunt Sally's money and confused about my current benefits. Also need help talking with my IEP team about transition goals.

(Examples: need support with my IEP/Person Center Plan, need help organizing my thoughts, need help understanding my options, need help with getting people to understand what I want, need help with managing my health, need things explained in plain language.)

Meeting with My Support Team

My support people are very important to me and I want to be respectful of their time. I know that I can call them to ask questions about my goals in this agreement at anytime, but I would like to talk with my whole Supported Decision Making team:

Check one: Every week
 One time a month
 Two times a month
 Every Six Months
 One time a year
 Before an important meeting (IEP/Doctor/Dentist)
 I do not want my support team to meet on a regular basis.

Next Meeting Date: 3/17/17

My Supported Decision Making Team Contact Information

Name: Rose Thomas, Mom

Contact #: (Cell/Home) 000-0001

Email: None

Name: Jane Hunter, Friend

Contact #: (Cell/Home) 000-0008

Email: janehunt@utah.gov

Name: Mr. Jones, VR Counselor

Contact #: (Cell/Home) 004-0002

Email: njones003@yahoo.com

Name: John, Brother

Contact #: (Cell/Home) 801-000-0009

Email: johnthomasO@aol.gov

Name: Sue Bird, Friend

Contact #: (Cell/Home) 801-001-0007

Email: suebirdOO@gmail.com

Name: Jack Spratt, Boyfriend

Contact #: (Cell/Home) 000-0010

Email: None

My Life Areas

My Life Area: Education

I choose the following people to support me: My Mom
Rose, Mr. Jones, Sue, My friend _____

I Need Assistance with making the following decisions:

1. Come with me to my IEP Meeting
2. Help me figure out the classes I should take.
3. Want to learn how to work with animals

My Supporter(s) will help me by:

1. Coming to my IEP.
2. Explaining my options and choices for classes.
3. Talking with everyone about me getting a job with animals.

I agree to do my part by helping with:

1. Let my SDM team know when my IEP is – Date/Time.
2. Get a COPY of my old IEP.
3. Give my old IEP to my SDM Team.

Authorization/Permission Forms (If Needed):

Yes ___ No ___ I am willing to sign or give permission for my supporters to help me make decisions in this life area.

Form Name: Authorization to Disclose Educational Info

Form Name: _____

I Will Need Support with:

Yes ___ No X My supporter will explain in Simple language how this form will help me:

Supporter Name _____

Yes ___ No ___ My supporter will explain in simple language how this form will help me:

Supporter Name _____

Yes X No ___ My supporter will help me get the form.

Supporter Name Rose _____

Yes ___ No ___ My supporter will help me Get the form.

Supporter Name _____

Yes X No ___ My supporter will help me complete the form.

Supporter Name Rose _____

Yes ___ No ___ My supporter will help me complete the form.

Supporter Name _____

Yes ___ No X My supporter will help me get the form to the people who will honor my wish:

Supporter Name _____

Yes ___ No ___ My supporter will help me get the form to the people who will honor my wish:

Supporter Name _____

My Life Area: Physical Health

I choose the following people to support me: My mom Rose, Jane, my Friend, Jack, my boyfriend

I Need Assistance with making the following decisions:

1. I need help losing weight
2. Checking out weight loss programs
3. Talking with my Doctor about my desire to loose weight

My Supporters(s) will help me by:

1. Going to the doctor with me.
2. Explaining different weight loss options.
3. Encourage me and help me make good food choices.

I Agree to do my Part by Helping with:

1. Make an effort to lose weight.
2. Call doctor and make appointment.

Authorization/Permission Forms (If Needed):

Yes No I am willing to sign or give permission for my supporters to help me make decisions in this life area.

Form Name: HIPAA Release Form

Form Name: _____

I Will Need Support with:

Yes No My supporter will explain in Simple language how this form will help me:

Supporter Name Jane

Yes No My supporter will explain in simple language how this form will help me:

Supporter Name _____

Yes No My supporter will help me get the form.

Supporter Name Jane

Yes No My supporter will help me Get the form.

Supporter Name _____

Yes No My supporter will help me complete the form.

Supporter Name Rose

Yes No My supporter will help me complete the form.

Supporter Name _____

Yes No My supporter will help me get the form to the people who will honor my wish:

Supporter Name Rose

Yes No My supporter will help me get the form to the people who will honor my wish:

Supporter Name _____

My Life Areas

My Life Area: Money

I choose the following people to support me: My mom Rose, John, my Brother, Mr. Jones

I Need Assistance with making the following decisions:

1. What should I do with my Aunt Sally's Money
2. Understand about my benefits – SSI and Medicaid
3. Can I buy a bike?

My Supporters(s) will help me by:

1. Find out about my benefits/call benefit specialist.
2. Look into different ways to set up a joint account with my mom.
3. Find out about an "ABLE" account.

I Agree to do my Part by Helping with:

1. Finding out the cost of a bike that I would like.

More Notes (if needed): John is going to help me contact a Benefit Specialist and talk to Social Security, Mom will help me talk with my local bank and help me find out more about trusts or Power of Attorney.

Authorization/Permission Forms (If Needed):

Yes ___ No ___ I am willing to sign or give permission for my supporters to help me make decisions in this life area.

Form Name: HIPAA Release Form

Form Name: _____

I Will Need Support with:

Yes ___ No ___ My supporter will explain in Simple language how this form will help me:

Supporter Name _____

Yes ___ No ___ My supporter will explain in simple language how this form will help me:

Supporter Name _____

Yes ___ No ___ My supporter will help me get the form.

Supporter Name _____

Yes ___ No ___ My supporter will help me Get the form.

Supporter Name _____

Yes ___ No ___ My supporter will help me complete the form.

Supporter Name _____

Yes ___ No ___ My supporter will help me complete the form.

Supporter Name _____

Yes ___ No ___ My supporter will help me get the form to the people who will honor my wish:

Supporter Name _____

Yes ___ No ___ My supporter will help me get the form to the people who will honor my wish:

Supporter Name _____

Agreements

Supporter(s) Agreement

By signing below, I, as Sarah's supporter, agree to voluntarily act on her behalf to achieve the goals outlined in this agreement. My job will be to provide information and options in a way that she will understand her choices, discuss the pros and cons of a decision and help her express her decision. I understand that I am a supporter and will not make any decisions but will provide guidance and knowledge. I agree to support this person's decisions to the best of my ability, honestly, and in good faith.

Rose Thomas

Supporter

3/12/17

Date

Jack

Supporter

3/10/17

Date

Jane Hunter

Supporter

3/12/17

Date

Sue Bird

Supporter

3/10/17

Date

Michael Jones

Supporter

3/12/17

Date

Supporter

Date

Self Advocate's Agreement

By signing below, I agree to try new ideas and explore different possibilities, to look at my own strengths and challenges, to work with my team of supporters when making decision and to accept the responsibilities and consequences of my decisions.

I understand that I am responsible for this agreement. I will get assistance, in needed, to keep my agreement moving in the right directions. (planning, follow through)

I understand that I can change this agreement at any time by contacting my supporter(s), crossing out the part that I disagree with on this agreement, putting my initials next to the part I crossed off and sending a copy of the new agreement to my supporters(s).

Sarah Thomas

Self Advocate

3/10/17

Date

And the Texas Council for the Developmental Disabilities tcdd.texas.gov/ . . ./Supported-Decision-Making-Agreement-Oct15.pdf

Legal Forms and How They Might Be Helpful

It is not uncommon for us to rely on our family, friends and professionals to help us make good decisions. Some of those decisions may involve your day to day life or helping you get a job or a place to live but some might be more difficult that involve protecting your money, your property and your health.

What if you were not able to make good decisions anymore because you got hurt or sick or maybe just grew older?

Who would you want to help you make those decisions?

When thinking about how legal forms might be helpful in your life, it is very important that you seek assistance from one of your supporters or your Supported Decision Making team. These are difficult decisions for ALL people and it is always in your BEST interest to *seek professional assistance (attorney/lawyer, tax account/money manager/medical professional) that can provide guidance and advice.*

Below are some legal protections that might be helpful depending on your life situation.



Your Money

Power of Attorney
Representative Payees assigned/
requested by Government agencies.
Joint Bank Accounts
Trusts

Your Health



Idaho Medical Durable Power of Attorney
Advance Directive
Health Power of Attorney, HIPAA Release
POST Order



Education

Authorization to Disclose Educational
Information Release

**Your House
& Stuff**



Last Will and Testament
Trusts, Able Accounts



IS SUPPORTED DECISION MAKING RIGHT FOR ME?

Take The Quick Quiz Below

Instructions: Read the questions below and put a mark in the box that best fits you

<u>ASK YOURSELF?</u>	YES! YEP! YOU BET!	NO! NOPE! NEVER!
Do you believe that you can make good choices for yourself but may need some guidance and assistance from others?		
Are you interested in exploring new possibilities?		
Are you willing to look at your own strengths and challenges to decide on the supports that you will need in order to be successful?		
Are you willing to work with a team of supporters to achieve your goals?		
Are you willing to take personal responsibility and accept the consequences for the choices that you make?		
Are you interested in taking the time and effort to create a written agreement to help you and your support team achieve your goals?		
(Count all of the Yes's and No's) TOTAL		

How Did You SCORE?



If you answered YES to all of the questions, you are confident, willing to take on responsibilities and ready for success.



If you only answered yes to some of the questions you might be a little nervous about making decisions. Continue to talk with your friends and family about the skills needed to make good decisions.

Supported Decision Making RESOURCES

WE ENCOURAGE you and your supporters to find more information about Supported Decision Making and alternatives to guardianship by visiting these resources or seeking information from your local disability community.

National Resources

National Resource Center for Supported Decision Making

<http://www.supporteddecisionmaking.org/states>

Autistic Self Advocacy Network: The Right to Make Choices:

International Laws and Decision Making by People with Disabilities

<http://autisticadvocacy.org/wp-content/uploads/2016/02/Easy-Read-OSF-For-Families-v3.pdf>

Supported Decision Making Teams: Setting The Wheels in Motion

By S. Francisco and J. Martinis

<http://www.supporteddecisionmaking.org/sites/default/files/Supported-Decision-Making-Teams-Setting-the-Wheels-in-Motion.pdf>

Working Interdisciplinary Network of Guardianship Stakeholders (WINGS)

<http://www.utcourts.gov/utc/wings/>

The ARC, Center for Future Planning, Supported Decision Making: What is it and What Do You Need to Know

<https://futureplanning.thearc.org>

Videos

Gabby's Story

<https://www.youtube.com/watch?v=duyJkZ2mIQ>

Supported Decision Making in Action: Timberley and Tonya's Story

<https://www.youtube.com/watch?v=DwnJ1nRR0Hs>

Supported Decision Making Your Support, My Decision

<https://www.youtube.com/watch?v=dGJe5KyflxM>

Supported Decision Making (Canada): https://www.youtube.com/watch?v=ZY69_BW8Y_o

Supported Decision Making (Minnesota):

<https://www.youtube.com/watch?v=i0jd-J9Lozs>

Jenny Hatch's Story of Supported Decision Making: <https://www.youtube.com/watch?v=OiAwj-ywpl4>



Minnesota Guide to SDM: <https://www.youtube.com/playlist?list=PLKdIRbjdmxgeDSVBZhEFyrzIli9ziO3Mc>

Local Resources

Disability Rights Idaho www.disabilityrightsidaho.org

Idaho Legal Aid Services www.idaholegalaid.org

Idaho Parents Unlimited www.ipulidaho.org

Idaho Department of Health and Welfare, Division of Developmental Disabilities www.healthandwelfare.gov

Idaho Council on Developmental Disabilities www.icdd.idaho.gov

Idaho Commission on Aging www.aging.idaho.gov

Idaho Supreme Court <https://isc.idaho.gov/guardianship/guardianship-conservatorship>

Idaho Volunteer Lawyer Program (IVLP) <https://isb.idaho.gov/ilf/ivlp/seeking-legal-assistance/>

Independent Living Centers

Living Independent Network Corporation (LINC) www.lincidaho.org

Living Independently for Everyone Inc. (LIFE) www.idlife.org

Disability Action Center NW www.dacnw.org

Idaho Forms

Living Will and Durable Power of Attorney for Health Care

<https://www.idaholegalaid.org/node/2225/powers-attorney-and-advanced-directives-self-help-forms>

HIPPA Authorization Form <https://www.healthport.com/Files/Sample%20HIPAA%20Authorization%20Form.doc>

Social Security Representative Payee Form https://secure.ssa.gov/poms/images/poms02/02005/G-GN_00502.115B-1.gif

Durable Power of Attorney Financial Affairs

<https://www.idaholegalaid.org/node/2225/powers-attorney-and-advanced-directives-self-help-forms>

Idaho Declaration for Mental Health Treatment <https://www.nrc-pad.org/images/stories/PDFs/idahopadform.pdf>

Idaho Physician Orders for Scope of Treatment (POST)

[https://healthandwelfare.idaho.gov/Medical/EmergencyMedicalServicesHome/PhysicianCommission/PhysicianOrdersforScopeofTreatment\(POST\)/tabid/807/Default.aspx](https://healthandwelfare.idaho.gov/Medical/EmergencyMedicalServicesHome/PhysicianCommission/PhysicianOrdersforScopeofTreatment(POST)/tabid/807/Default.aspx)

Authorization to Release Confidential Information Under a Supported Decision Making Agreement

https://www.disabilityrightstx.org/files/SDMA_authorization_release_confidential_info.pdf



Sample SDM Agreements

Texas Council for Developmental Disabilities

[www. tcdd.texas.gov/.../Supported-Decision-Making-Agreement-Oct15.pdf](http://www.tcdd.texas.gov/.../Supported-Decision-Making-Agreement-Oct15.pdf)

Maine SDM Coalition [www. Support My Decision.com](http://www.SupportMyDecision.com) Designation of Supported Decision-Making Team Form (tools)

American Civil Liberties Union/Support Decision Making www.aclu.org/issues/disability-rights/supported-decision-making

Yukon Health and Human Serviceswww.gov.yk.ca/forms/forms/5000/yg5255_e.pdf

District of Columbia Schools Educational Supported Decision Making Form

<https://dcps.dc.gov/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20Making%20Form.pdf>

Guide Development References

National Resource Center for Supported Decision Making

<http://www.supporteddecisionmaking.org/states>

Autistic Self Advocacy Network: The Right to Make Choices:

International Laws and Decision Making by People with Disabilities <http://autisticadvocacy.org/wp-content/uploads/2016/02/Easy-Read-OSF-For-Families-v3.pdf>

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Texas Council for Developmental Disabilities

[www. tcdd.texas.gov/.../Supported-Decision-Making-Agreement-Oct15.pdf](http://www.tcdd.texas.gov/.../Supported-Decision-Making-Agreement-Oct15.pdf)

Maine SDM Coalition [www.Support My Decision.com](http://www.SupportMyDecision.com)

Designation of Supported Decision-Making Team Form (tools)

American Civil Liberties Union/Support Decision Making

www.aclu.org/issues/disability-rights/supported-decision-making

Yukon Health and Human Services

www.gov.yk.ca/forms/forms/5000/yg5255_e.pdf

Guide Development References (Cont).

PACER's National Parent Center on Transition and Employment.

[http://www.pacer.org/transition/learning-center/independent- community-living/self-determination.](http://www.pacer.org/transition/learning-center/independent-community-living/self-determination)

Supported Decision Making A Call to Action, Martinis, Jonathan

https://www.youtube.com/watch?v=_vqF3NiTeWg

District of Columbia Schools Educational Supported Decision Making Form <https://dcps.dc.gov/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20Making%20Form.pdf>

Khemka, Hickson & Reynolds, 2005; O'Connor & Vallerand, 1994, Wehmeyer & Schwartz, 1998

Martinis, Jonathan G, Why Not Guardianship?, <http://www.DRTx.org>

Social Security Procedural Operating Manual Systems. https://secure.ssa.gov/poms/images/poms02/02005/G-GN_00502.115B-1.gif

National Council on Disabilities, **Beyond Guardianship: Toward Alternatives That Promote Greater Self-Determination for People with Disabilities,**

https://www.ncd.gov/sites/default/files/NCD_Guardianship_Report_Accessible.pdf

This document was produced with permission from:



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