3 MINUTE WEBINARS:
EXPLORING SUPPORTED DECISION MAKING

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WHAT IS SUPPORTED DECISION MAKING?

• At its most basic, Supported Decision Making is having people you trust to help you make decisions
• Part of our culture for everyone
• Can be formal or informal
THE SPECTRUM OF DECISION MAKING SUPPORTS

- No defined needs or supports
- Power of Attorney and/or formal SDM agreement, Rep Payee or Trust
- Limited or full guardianship or conservatorship

Supported Decision Making can be Used
WHY USE SDM?

- Quality of life
- Dignity of risk
- Long term stability
- Supported Decision Making
- Free or cheap
- Protect rights
- Fast and easy
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PUTTING SDM INTO ACTION

• Read about it and get some ideas onto paper (see resource section at the end of this presentation)
• Talk to your supporters and plan to communicate regularly
• If you want to use legal tools (e.g., POA), then put them into place
• Keep evaluating over time
SDM RESOURCES

• The Arc of Northern Virginia
  – https://thearcofnova.org/programs-services/sdm

• National Resource Center for Supported Decision Making
  – http://supporteddecisionmaking.org/

• Center for Public Representation
  – https://supporteddecisions.org/
LEARN MORE ABOUT THE ARC OF NORTHERN VIRGINIA

• Visit us online at https://thearcofnova.org/
• Ask us a question at https://thearcofnova.org/answers/
• Find our Transition POINTS guides and tool kits at https://thearcofnova.org/programs/transition/
  – Early Intervention
  – Special Education
  – Securing a Future
  – Entering the World of Work
  – Finding a Home
  – Aging with a Disability