3 Minute Webinars: Exploring Supported Decision Making

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Virginia Board for People with Disabilities, 1100 Bank Street, 7th Floor, Richmond, VA 23219, (800) 846- 4464, or visit the Board’s [website](#)
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?

• Supported Decision Making:
  • Can increase quality of life
  • Allows for dignity of risk
  • Protects rights
  • Is fast and easy
  • Is free or cheap
  • Offers long term stability
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

3. Center for Public Representation- https://supporteddecisions.org/
Learn More About The Arc of Northern Virginia

- Visit us online
- Ask us a question online

- Find our Transition POINTS guides and tool kits online
  - Early Intervention
  - Special Education
  - Securing a Future
  - Entering the World of Work
  - Finding a Home
  - Aging with a Disability