

3 Minute Webinars: Ways to Use SDM

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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](#)

Using SDM in All life decisions

- Supported Decision Making can be used for all life areas including:
Health Care
 - Jobs
 - Housing
 - Relationships
 - Money
 - Education
 - Transportation
 - Contracts

SDM can be creative and customized

- Bring friends and allies
 - Make friends everywhere
- Powers of Attorney
- Use a Dream Board
- Pictures and stories
- Leverage technology
- Practice hard things

SDM Resources

1. [The Arc of Northern Virginia's SDM Resource Library-](https://thearcofnova.org/sdm/)
<https://thearcofnova.org/sdm/>
2. [National Resource Center for Supported Decision Making-](http://supporteddecisionmaking.org/)
<http://supporteddecisionmaking.org/>
3. [Center for Public Representation-](https://supporteddecisions.org/)
<https://supporteddecisions.org/>

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