3 MINUTE WEBINARS: SUPPORTED DECISION MADE SIMPLE

PRESENTED BY LUCY BEADNELL
THERE ARE LOTS OF WAYS TO MAKE DECISIONS

• You can make decisions alone
• You can make decisions with help from one person you trust
• You can get help from lots of people you trust
• People you trust can help you understand choices, but with SDM, you still get to make the choice
MAKING SDM WORK

- Think about where/when you want help, who can help, and how
- Write down ideas and ask people to help you
- Make a plan on paper and talk a lot
- Change your plan when you need to
SDM IS FOR EVERYONE

- 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
LEARN MORE ABOUT THE ARC OF NORTHERN VIRGINIA

• Visit us online at https://thearcofnova.org/
• Ask us a question at https://thearcofnova.org/answers/
• Supported Decision Making Resource Library https://www.thearcofnova.org/sdm