



The Arc.
Northern Virginia

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

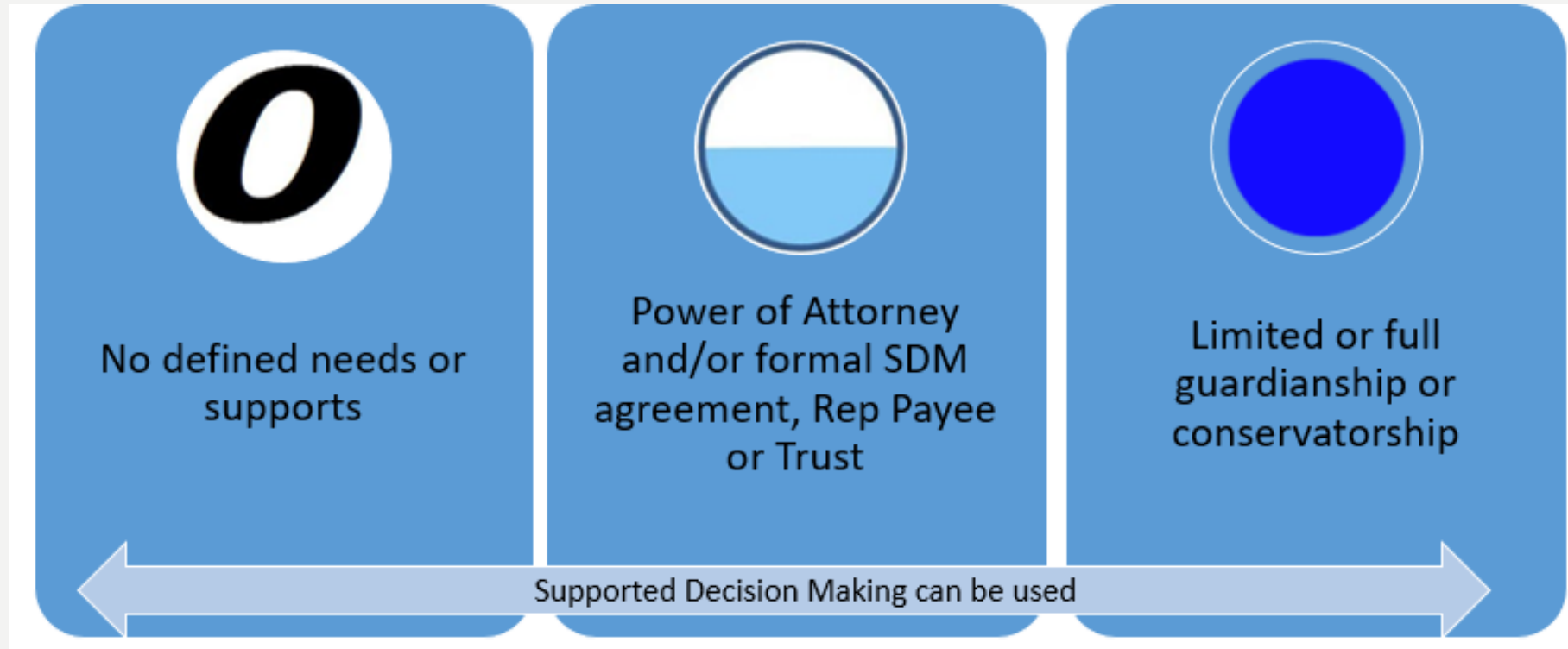


MAKING SDM WORK

- 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



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>
- 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