

# 3 MINUTE WEBINARS: SUPPORTED DECISION MADE SIMPLE

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## 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 <a href="https://thearcofnova.org/">https://thearcofnova.org/</a>
- Ask us a question at <a href="https://thearcofnova.org/answers/">https://thearcofnova.org/answers/</a>
- 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