

# 3 Minute Webinars: Exploring Supported Decision Making

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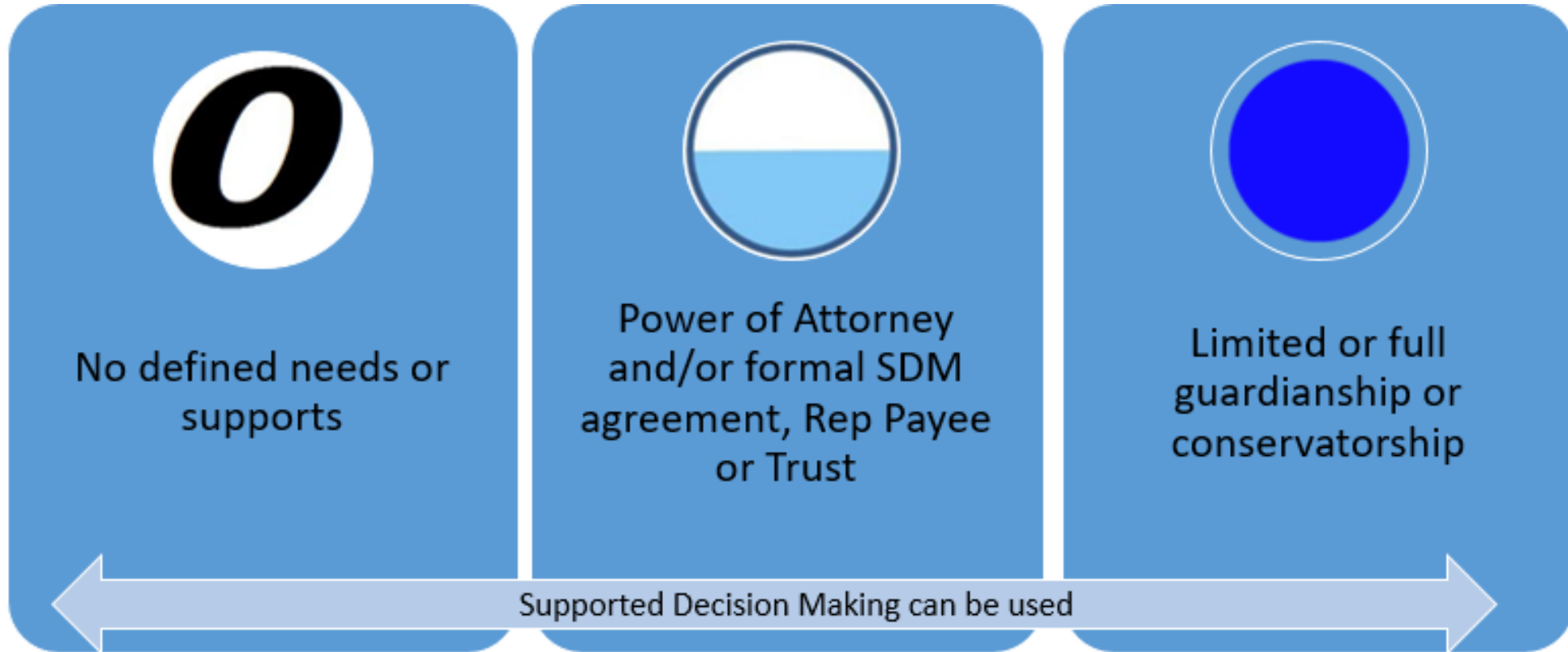
74% of the funding for this product was provided by the Virginia Board for People with Disabilities under the federal Developmental Disabilities and Bill of Rights Act. For more information on the Board, please contact:

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



# 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

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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