Roadmap to Supported Decision Making

**Step One**
Assess your needs. Can you make choices with support? How much support? Who do you want to help?

**Step Two**
Explore options. Read about decision making options, watch videos, talk to others. What kind of ideas work for you?

**Step Three**
Build your team. Who can help with each area of your life? How can they communicate with you? Ask them to be sure they can help.

**Step Four**
Get it on paper. Write up a Supported Decision Making Agreement, Powers of Attorney, Special Needs Trust, or whatever tools you need.

**Step Five**
Work your plan. As you make big and small choices, look to your Agreement and ask your team for support.

**Step Six**
Keep it up. A couple times a year, review your Agreement. See what is working. Change your plan as you need.