SDM Success!

Supported Decision-Making Tips for Families and Supporters

- SDM can (and will!) look different for everyone
- Teach decision-making skills across the lifespan
  - *It is never too early to teach decision-making skills*
- Periodically reassess the level of support needed
  - *The person's needs may change from day to day and over time*
- Assume competence and involve the person in decision-making
  - *Provide as little support as possible, but as much as is needed*
- Create opportunities for independence by presenting choices and options
  - *Start with simple choices using real life examples*
- Encourage participation in life planning
- Decisions made by a person don't have to match what you would choose for them
- People should be allowed to experience dignity of risk
  - *Everyone deserves the opportunity to experience some risks instead of being "protected" from every possible bad outcome*
  - *Work to find solutions that balance health and safety with risk*
  - *One bad decision doesn't mean the person should never be allowed to make another decision*
- If you or the person you're supporting feel anxious or upset, take a break from the conversation
  - *Resume the discussion when you both feel more calm*

Ohio Department of Developmental Disabilities