SDM Success!

Tips for using Supported Decision-Making in Your Life

All people need help with decision-making sometimes

SDM can (and will!) look different for everyone

SDM can be as formal or informal as I want or need it to be

Talking with someone I know, and trust is a good place to start when using SDM

If I need help, I will ask for it from someone I know and trust

I will make the decision that is best for me

I will think through my options and decide what I like and don't like about each choice

If I make a bad decision, I will still be allowed to make another decision

Decision-making is a skill that I can practice over time

Ohio Department of Developmental Disabilities