Supported Decision-Making Checklist

Task	How much support do I need?	What kind of support do I want?	Who could help me?
Finances			
Making small purchases (lunch, snacks, clothing, etc.)	□ On my own □ I need support		
Keeping track of purchases and bills (budgeting)	□ On my own □ I need support		
Managing a bank account (online banking)	□ On my own □ I need support		
Understanding when someone is trying to take advantage of me financially	□ On my own □ I need support		
Making big decisions about money (opening an account, signing a lease, obtaining credit card)	□ On my own □ I need support		
Paying bills	□ On my own □ I need support		
Other	□ On my own □ I need support		

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Task	How much support do I need?	What kind of support do I want?	Who could help me?
Relationships			
Understanding the personal space of myself and others	□ On my own □ I need support		
Speaking up if something doesn't feel right	□ On my own □ I need support		
Recognizing abuse	□ On my own □ I need support		
Choosing if I want to be in a relationship and who I want to date	□ On my own □ I need support		
Making choices about sex	□ On my own □ I need support		
Understanding there are different types of relationships (friendships, romantic, co-workers, etc.)	□ On my own □ I need support		

Task	How much support do I need?	What kind of support do I want?	Who could help me?
Education			
Providing input in my IEP meeting	□ On my own □ I need support		
Understanding my accommodations and requesting them	□ On my own □ I need support		
Asking for help when I need it	□ On my own □ I need support		
Telling people what I want and don't want	□ On my own □ I need support		
Deciding what classes I will take	□ On my own □ I need support		
Deciding what I would like to do after high school (career exploration, college, etc.)	□ On my own □ I need support		
Other	□ On my own □ I need support		

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Task	How much support do I need?	What kind of support do I want?	Who could help me?
Employment			
Communicating about what I want to do for work	□ On my own □ I need support		
Choosing if I want to work	□ On my own □ I need support		
Understanding my work choices	□ On my own □ I need support		
Knowing if I need accommodations and how to ask for help appropriately	□ On my own □ I need support		
Other	□ On my own □ I need support		

Task	How much support do I need?	What kind of support do I want?	Who could help me?
Health			
Taking the right prescription medication at the right time	□ On my own □ I need support		
Communicating with healthcare professionals about how I am feeling	□ On my own □ I need support		
Explaining in my own words how my disability or health condition affects me	□ On my own □ I need support		
Setting and keeping appointments and knowing when to go to the doctor	□ On my own □ I need support		
Making choices about how I want people to support me in taking care of my health	□ On my own □ I need support		
Making medical choices in everyday situations such as when to go to the doctor	□ On my own □ I need support		
Making medical choices in serious situations such as needing surgery	□ On my own □ I need support		

Task	How much support do I need?	What kind of support do I want?	Who could help me?
Health			
Making medical choices in an emergency situation	□ On my own □ I need support		
Other	□ On my own □ I need support		

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Task	How much support do I need?	What kind of support do I want?	Who could help me?
ISP Meeting			
Communicating about what I want in my plan	□ On my own □ I need support		
Choosing if I want to work	□ On my own □ I need support		
Understanding my provider options	□ On my own □ I need support		
Knowing who to go to when I need assistance and how to ask for help appropriately	□ On my own □ I need support		
Other	□ On my own □ I need support		

Task	How much support do I need?	What kind of support do I want?	Who could help me?
Home and Community			
Using transportation available to me to travel as independently as possible	□ On my own □ I need support		
Knowing what to do in the case of an emergency	□ On my own □ I need support		
Completing chores and maintaining a clean living-space	□ On my own □ I need support		
Understanding nutrition and planning meals	□ On my own □ I need support		
Purchasing items needed for daily living (groceries, cleaning supplies, soap, toothpaste, etc.)	□ On my own □ I need support		
Choosing where I live	□ On my own □ I need support		
Choosing who I live with	□ On my own □ I need support		

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Task	How much support do I need?	What kind of support do I want?	Who could help me?
Home and Community			
Deciding what to do in my free time	□ On my own □ I need support		
Making safe choices, such as turning off the stove	□ On my own □ I need support		
Keeping my room/home clean	□ On my own □ I need support		
Choosing what to wear	□ On my own □ I need support		
Getting dressed	□ On my own □ I need support		
Personal hygiene, such as toileting and showering	□ On my own □ I need support		
Choosing what to eat and when to eat	□ On my own □ I need support		

Task	How much support do I need?	What kind of support do I want?	Who could help me?
Home and Community			
Telling people what I want and what I don't want	□ On my own □ I need support		
Choosing who to vote for and voting	□ On my own □ I need support		
Understanding my rights	□ On my own □ I need support		
Other	□ On my own □ I need support		