

SUPPORTED DECISION MAKING

Summary Sheet

1. You keep the legal right to make your own decisions.
2. You identify the types of decisions you want help with.
3. You choose someone you trust to help you with decisions you want help with. This person is called your Supporter (you can choose more than one Supporter).
4. Your Supporter understands your needs and provides you with information in ways that you understand when you need it.
5. Your Supporter can help you communicate your decisions if you want help.
6. Your Supporter can help you, but the final decision is yours.
7. Your Supporter must respect your right to make decisions for yourself.
8. You have the right to take risks. You can make a decision that is different than what others want you to make. You can change your mind.