

Hi [NAME],

I'm sending you this message because I'm trying something called Supportive Decision Making (SDM). This is a system about how I can make the important decisions about my life, with the support of people who I trust.

Supportive Decision Making is all about allowing me to make my own choices and keeping my independence. While I might have a hard time in some areas, with the support of people who know me and my strengths, I can still make good decisions about my own life.

Would you be willing to be one of those people? As a supporter, you might help me with a few things like:

- Finding the information I need about a decision; both big one's like jobs, healthcare, and education, or small ones like cooking, hobbies, or anything else.
- Making sure I understand the information we find.
- Talking with me about different choices I have.
- Helping me put my choice into action.
- Helping me tell others about my decision.

Being a supporter is about being there to help me understand and navigate my choices so I can make the best decision for me – but not making those decisions for me. I can make my own choices; I just need a little help sometimes!

With SDM, I might have some other supporters who help me with specific problems or topics, or just more people who I can talk to when I need help. All those people, and you if you agree, would be my "Circle of Support".

If you have any questions, or if there's anything you're not sure about, please let me know. I value your help and I'm thankful for you considering this.

Thank you,

[Your Name]



While sending a letter or an email can be a nice option, sometimes just being able to text or send a message to the person you think you'd like in your circle of support. Here are some examples of what you could send to start that conversation.

“Hey [NAME], I’m exploring this thing called Supported Decision Making. It’s this system that can help me keep my independence and help me make decisions about my own life with a little bit of help and advice. You’re someone I trust and think could be really helpful with this! I can explain more if you’re interested, or send you this website that talks all about it.”

“Hi [NAME]. Have you ever heard of something called Supported Decision Making? It’s away where I can start making more decisions about my life and be more independent. The way it would work is that I put together a group of people I trust to help me think about the choices I have and provide me some advice. I’d really like it if you were part of that. I can send you more information about it if you want?”

Or if you want, you can just put together your own message. To make that easier, here are a few ways you could start out.

“So I decided I want to start making more decisions about my life myself. I have an idea of how I want to do that using this practice called Supportive Decision Making...”

“You know how I sometimes struggle with decisions? I found out about this thing called Supportive decision making that I think could help. Can I talk about it with you?”

