

Use the table below to think about who might want to be your Supporter and why. If you filled out the “What decisions do you make?” assessment in Step 1, use the examples where you noted, “I need some support.”

Consider people like your friends, family members, teachers, mentors, or professionals. Choose people who make you feel safe and understood, and who you trust to support you. Remember, just because someone is close to you or you like them, that doesn’t mean they have to be someone in your circle of support.

Having one supporter may work really well for you, but most people choose to have a few supporters who help them make a variety of decisions. If you pick more than one supporter, you can choose if they will all work together or not.

Your Supporter cannot make decisions for you. Your Supporter can help inform and communicate your decisions, but you are the one who makes your decisions.

I need some support with:	Who would be a good Supporter?	Why are they a good choice?
Example: Paying the bills on time	Example: My neighbor	Example: I trust him

