

Supported Decision Making

How to create a
supportive network and
become empowered to
make your own choices.

Agenda

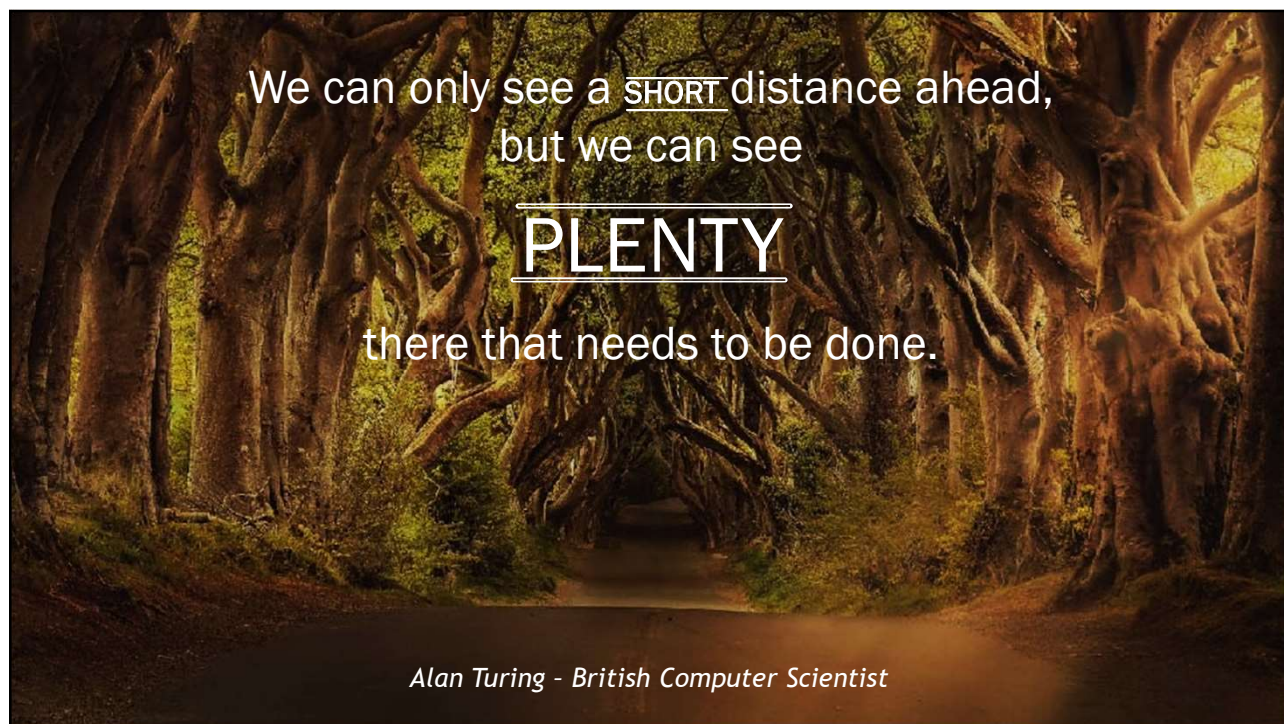
- 10:00 AM Welcome & Introductions
- 10:30 AM Overview of the Pilot Program
 - Preworkshop survey, 1099 form, mileage form
- 10:45 AM Parent & Youth Breakout Sessions
 - 10:45 AM – 12:00 PM
 - Parent Session – Margaret Cardoza Self-Advocate
 - Youth Session – Self-Advocacy Workshop – Dylan Campbell MPF
- 12:00 PM – 12:30 PM Lunch
- 12:30 PM – 1:30 PM
 - Parent Session – MPF & DRM Workshop w/activity
 - Youth Session – MPF, DRM, Self-Advocates workshop w/activity
- 1:30 PM – 1:45 PM Break
- 1:45 PM – 2:45 PM Parent & Youth Reconvene SDM Agreement Work
- Next steps

Overview

- Pilot Program is in Response to:
 - New Probate Code for Guardianship, and
 - Feedback from families as youth approach age of majority and feeling pressure to gain full guardianship.
- What to expect
 - Education about Probate Code,
 - Options available to your family,
 - Two trainings,
 - One to one Peer Support,
 - Draft Supported Decision-Making Plan, and
 - Financial stipend and mileage.
- Questions?

Rules


- No idea is a bad idea,
- Be creative,
- Take risks,
- Ask questions, and
- No criticism allowed.



Supported Decision-Making or SDM is a way **you** get help to make **your own** choices. You can choose family, friends, or staff who you want to help you make **your** choice.

Supporters are the people who will **help** you make your choice and you are the **decider** which means you make the final decision.

You can choose who will be your supporter, how many supporters you have, and what each supporter will assist you with. You are always able to change your mind and change your supporters.



3 Principles of Supported Decision Making

- 1) You have the right to make choices,
- 2) You can get help making choices without giving up that right,
- 3) You may need help in understanding, making, and communicating your choices.

How I make choices activity.

If you are always trying to be normal,
you will never know how

AMAZING

you can be.

Maya Angelou - American Poet

Who Uses Supported Decision Making

Throughout our lives, when faced with life choices, we have all used Supported Decision Making by consulting a trusted friend, co-worker, family, neighbor, and professional. It is a natural human behavior to ask for help and everyone needs support when making decisions. So who can benefit from Supported Decision Making?

- ▶ Anyone!
- ▶ Individuals who want to be independent but need some formal assistance.



Types of Support

- ▶ **Plain-language information** – Providing you with written information in a way in which you can understand.
- ▶ **Information Provided to Suit Your Needs** - Receiving information in the best way you are able to receive it including but not limited to; verbal communication or with pictures.
- ▶ **Knowing Your Options** – Knowing all you're available choices for the specific situation you are navigating.
- ▶ **Visits and Trials** – Trying out your different choices to see what fits best, talking to experts who know a lot about your choice before making a decision, and participating in classes about your choice.
- ▶ **Reminders** – Setting up a reminder system in order to enable you to be the most successful with your choices.
- ▶ **Pros versus Cons** - Making lists of the good, challenging, and even bad things which may come with the different choices you are considering.
- ▶ **Meetings & Appointments** – A person who can provide assistance in preparing for meetings & appointments and to attend with you in person if you wish for that to occur.
- ▶ **Extra Time** – Thinking about the timeline in which you have to make a decision and if it is appropriate, necessary, and allowed requesting additional time.
- ▶ **Consider Values** – Remembering what is most important to you and how these values may affect your decision.
- ▶ **Technology** – Using phones, i-pads, computers etc... to assist you with your choices and even after making your choice enabling you to carry out your choice – such as reminders.
- ▶ **Supporters** – Individuals who are able to assist you with decision making **BUT** you are always the decider.
- ▶ **Communicating Choice** – After you have made a choice you may need assistance from individual to make sure your choice is communicated, understood, and respected.

The Supporter

- ▶ Someone who agrees to support you.
- ▶ Someone you trust and who is willing to support you in your independent living goals.
- ▶ Someone who accepts and supports you and your family.
- ▶ Someone who has knowledge of the specific area you are asking them to support you in.
- ▶ Someone who can support you for a long period of time. Although changes to the team can occur it is best if the supporter is long term.
- ▶ Someone who can be flexible in providing support and suggestions.
- ▶ Someone who understands that you are the decider, supports you in your decisions despite their own feelings.
- ▶ They do **NOT** have to be a family member, it can be anybody that meets the above guidelines.
- ▶ They do **NOT** have to be just one person, it can be a team of people.

Who Are My Supporters activity



If you can't fly, then **RUN**.
 If you can't run, then **WALK**.
 If you can't walk, then **CRAWL**.

But whatever you do,

YOU HAVE TO KEEP MOVING.



Martin Luther King, Jr. - Civil Rights Activist and Pastor

When to be Supported

It will be important for you to explore and consider many different areas you may or may not need support with. This will be very specific to individual. Some examples are:

- ▶ Finances
- ▶ Physical Health
- ▶ Mental Health
- ▶ Legal Matters
- ▶ Services & Supports
- ▶ Work
- ▶ Independent and Community Living
- ▶ Independent and Community Housing
- ▶ Education
- ▶ Social & Recreational Activities
- ▶ Self-Care

When Do I Want Support Activity



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 <https://www.facebook.com/maineparentfederation/>

Maine Parent Federation
Since 1984... because every family matters