



***Session 1:***  
***What is Supported Decision-Making***  
***and***  
***What Kind of Support Do I Want?***



Presented by the Office of Provider Development  
in Partnership with The Arc of Virginia

**DBHDS Vision: A life of possibilities for all Virginians**

# What We Will Talk About...

- What is Supported Decision-Making?
- What are Supported Decision-Making Agreements?
- Meet *Sam*
- Discovery Tool: What Kind of Support Do I Want?
- Resources
- Q&A



# Supported Decision-Making: What is it?

**Supported Decision- Making**- “decision-making model in which an individual makes decisions with the support of trusted individuals” (American Bar Association)

**There is an expectation that people with DD have the opportunity to:**

- Exercise maximum self-determination
- Receive supports with making decisions in the least restrictive manner possible
- Identify who they want to help them make decisions and how

**SELF DETERMINATION**



# Supported Decision-Making: What is it?

## Informal –or- Formal

### **4 Principles for Supported Decision-Making in Virginia:**

1. Presumed capacity
2. Least restrictive option, and maximize an individual's autonomy and independence
3. Always take into consideration an individual's expressed personal preferences
4. Dignity of Risk



# Supported Decision-Making: What does it look like?

- Learn and understand how you best understand and learn information
- Learn and understand how you communicate
- They tell you what they know and do not know
- They make sure you have the information needed to make an informed decision



# Supported Decision-Making Agreements: What are they?

**Supported Decision-Making Agreement-** The formal process of documenting who an individual wants to support them, in what areas of life, and how they want to be supported.

## Comprised of:

- Decision Maker
- Supporter(s)
- Facilitator (optional)



# Roles and Responsibilities of those in Supported Decision-Making Agreements

- **Decision Maker-** the person making the Supported Decision-Making Agreement  
Must be: at least 18 years old, have an intellectual or developmental disability, and be able to legally make your own decisions
- **Supporter(s)-** the person/people the Decision Maker asks to support them in their SDMA, Supporters agree to help
- **Facilitator (optional)-** the person the Decision Maker asks to make sure Supporters do what they agree to, can be a Supporter or can be someone else



# Roles and Responsibilities: Decision Maker

## Decision Maker

- Make your own decisions
- Self-determination and dignity of risk
- Select who you want as Supporters, when you receive help and how you receive help
- Change or cancel your Supported Decision-Making Agreement at any time





# Roles and Responsibilities: Supporter

## Supporter

- Be available
- Know they do not make decisions
- Provide honest and fair information
- Understand dignity of risk
- Not offer advice or help if not asked for
- Not provide advice about things that could be a conflict of interest and/or they do not know about
- Take into consideration your feelings, needs, and things you like
- Respect privacy and information
- Help plan and get supports and services



# Roles and Responsibilities: SDMA Facilitator

## Supported Decision-Making Agreement Facilitator

- Help schedule meetings with Supporters
- Provide help and advice
- Monitor your Supporters
- Monitor for suspected abuse, exploitation, manipulation, neglect, or undue influence

**OPTIONAL**



A black and white photograph of a man in a dark suit and light-colored bow tie, standing in front of a large mirror and adjusting his bow tie. The scene is dimly lit, with the mirror reflecting the room behind him. The text "Meet Sam" is overlaid in the center.

**Meet Sam**

# Sam

Sam is 18 years old. He has autism and uses words to communicate. He is in high school and has been learning job skills and about how to be a good employee while in school. Sam is considering graduating so that he can work and focus on his dream of being an actor.

Sam lives with his mother, father, and older sister, who visits when home from college. Sam wants to live on his own in the nearby city after he graduates. He feels “the city is where stars are made.”

# Sam

Sam's parents are nervous about Sam living on his own and making his own decisions because they worry he will be taken advantage of by others. Sam has never had to budget his money or pay bills and believes that everyone he meets is his friend.

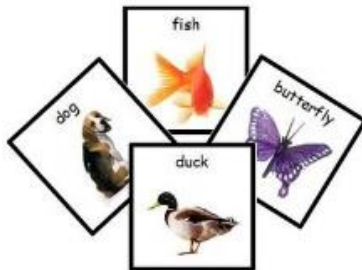
Sam and his family decided to use a supported decision-making agreement to help Sam talk through decisions in the areas of life he needs more support. Sam is able to make his own decisions and keep his rights and independence. Sam and his family understand the benefits of Sam's right to take risks and learn from them (dignity of risk).

# Discovery Tools

## *What Kind of Support Do I Want?*

What do you like people to help you with?








What does this help look like?



Commonwealth of Virginia:  
Supported Decision-Making Discovery Tool


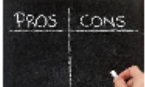







**What kind of support do I want?** Support (help) can look different for everyone and can be different for each choice or activity.

You can use this form to help you think about the different ways people can help and how you might want your Supporters to help you. Place a check (✓) in the box next to each type of help you think you might want or need.

	Types of Support
	Have help filling out/writing on forms, such as my Supported Decision-Making Agreement. 
	Have information written and/or spoken in simple words (plain-language). 
	Have information provided in pictures. 
	Talk to your Supporters to know what your choices are. 
	Research to learn more about your choices on your own or with help from your Supporters. 
	Talk to experts (people who know a lot about your choices) about your options and choices. 
	Talk to your Supporters to get advice. 

This document was adapted from *How to Make a Supported Decision-Making Agreement, A Guide for People with Disabilities and their Families*, developed by the American Civil Liberties Union (ACLU).

Commonwealth of Virginia:  
Supported Decision-Making Discovery Tool

	Types of Support
	Take extra time to think about your choices. 
	Get help making a pros and cons list (a list of good and bad sides of each choice). 
	Have Supporters remind you about your values (what is most important to you) and how these might impact your choices. 
	Help trying out different choices to see how you feel and which choice you like. 
	Have help from your Supporters with communicating your choice to others. 
	Use technology (a phone or computer) to help communicate your choice to others. 
	Receive reminders about important dates and times. 
	Have a Supporter come to meetings and appointments with you. 
	Take classes (on-line or in person) to help learn more about choices. 

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**Other Ways I Like to be Supported**

**Ways I Do Not Want to be Supported**








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Types of Support	
<input checked="" type="checkbox"/> <small>Read the forms to me and I will fill out.</small>	Have help filling out/writing on forms, such as my Supported Decision-Making Agreement. 
<input type="checkbox"/>	Have information written and/or spoken in simple words (plain-language). 
<input type="checkbox"/>	Have information provided in pictures. 
<input checked="" type="checkbox"/>	Talk to your Supporters to know what your choices are. 
<input checked="" type="checkbox"/> <small>Help me figure out where to start researching.</small>	Research to learn more about your choices on your own or with help from your Supporters. 
<input checked="" type="checkbox"/>	Talk to experts (people who know a lot about your choices) about your options and choices. 
<input checked="" type="checkbox"/>	Talk to your Supporters to get advice. 

**Commonwealth of Virginia:  
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Types of Support	
	<p>Take extra time to think about your choices.</p> 
✓	<p>Get help making a pros and cons list (a list of good and bad sides of each choice).</p> 
✓	<p>Have Supporters remind you about your values (what is most important to you) and how these might impact your choices.</p> 
✓	<p>Help trying out different choices to see how you feel and which choice you like.</p> 
	<p>Have help from your Supporters with communicating your choice to others.</p> 
	<p>Use technology (a phone or computer) to help communicate your choice to others.</p> 
<p>✓</p> <p><small>Remind me the week before and the day before.</small></p>	<p>Receive reminders about important dates and times.</p> 
✓	<p>Have a Supporter come to meetings and appointments with you.</p> 
	<p>Take classes (on-line or in person) to help learn more about choices.</p> 

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**Other Ways I Like to be Supported**

1. Tell me if something is going to change as soon as possible.

**Ways I Do Not Want to be Supported**

1. Don't tell me something isn't possible.

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# Next Time...

## Session 2-

### *When Do I Want Support?*

***Tuesday, April 25<sup>th</sup>***

***6:30pm***





**Thank You!!!**



# Resources

*DBHDS Supported Decision-Making-* <https://dbhds.virginia.gov/supported-decision-making-supported-decision-making-agreements/>

*disAbility Law Center of Virginia-* <https://www.dlcva.org/supported-decision-making>

*National Resource Center for Supported Decision Making-* <http://www.supporteddecisionmaking.org/>

*PEATC-* <https://peatc.org/services/transition-to-adulthood/>

*The Arc of Virginia-* <https://www.thearcofva.org/supported-decision-making>

*Virginia WINGS booklet-* [https://www.vacourts.gov/courts/circuit/resources/guardian\\_options\\_pamphlet.pdf](https://www.vacourts.gov/courts/circuit/resources/guardian_options_pamphlet.pdf)

# Questions



# Contact Information

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