



Virginia Department of
Behavioral Health &
Developmental Services



Session 3: *Relationship Map and Selecting Your Supporters*



Presented by the Office of Provider Development
in Partnership with PEATC

DBHDS Vision: A life of possibilities for all Virginians

1

What We Will Talk About...

- Questions from Session 2
- Quick Review- *What is Supported Decision-Making?* and *What are Supported Decision-Making Agreements?*
- Meet Sam
- Discovery Tool: *Relationship Map*
- How to ask someone to be a Supporter
- Resources
- Q&A



Virginia Department of
Behavioral Health &
Developmental Services

This Photo by Unknown Author is licensed
under [CC BY-NC-ND](#)

Slide 2

2

Questions from Session 2



3

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)

Informal –or- Formal

SELF DETERMINATION




4

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)




Virginia Department of Behavioral Health & Developmental Services

Slide 5

5

Roles and Responsibilities of those in Supported Decision-Making Agreements

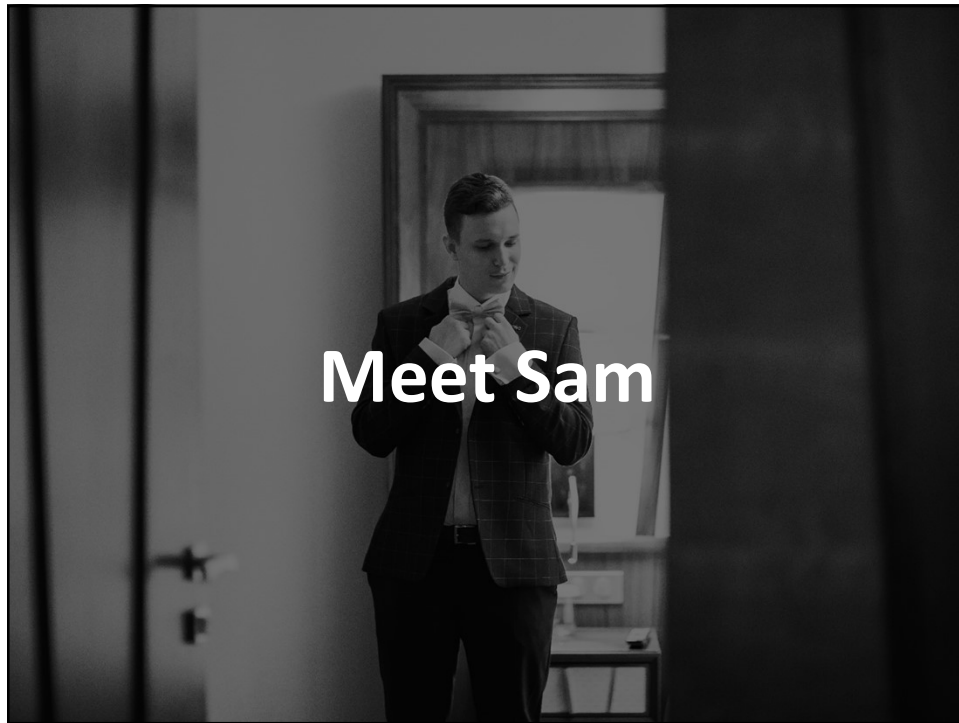
- **Decision Maker-** the person making the Supported Decision-Making Agreement
Must be: at least 18 years old, have an intellectual or developmental disability, and be able to legally make your own decisions
- **Supporter(s)-** the person/people the Decision Maker asks to support them in their SDMA, 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



Virginia Department of Behavioral Health & Developmental Services

Slide 6

6



7

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.”

8

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

Relationship Map

People who help you:

- Family
- Friends
- Home or Other Places
- School or Work

How close do you feel to them?



Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

_____ 's Relationship Map

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practiced.

Page 1 of 1

11

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

_____ 's Relationship Map

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practiced.

Page 1 of 1

12

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

's Relationship Map

People you are emotionally closest to.

People who support me at work or school.

People who support me at home and other places.

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practiced.

Page 1 of 1

13

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

's Relationship Map

People you are not as close to.

People who support me at work or school.

People who support me at home and other places.

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practiced.

Page 1 of 1

14

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

People you are not close to and/or do not go to for help.

's Relationship Map

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practiced.

15

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

Saw's Relationship Map

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practiced.

Page 1 of 1

16

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

Saw's Relationship Map

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practices.
Page 1 of 1

17

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

Saw's Relationship Map

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practices.
Page 1 of 1

18

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

Sara's Relationship Map


The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practices.

Page 1 of 1

19

How to Select My Supporters

1. What decisions/choices do you need help with?
*You can look at your *When Do I Want Support?* tool to help you.*
2. What skills, information, knowledge does someone need to be able to help you with these things?
3. Looking at your *Relationship Map*, who has these skills, knowledge, information AND is someone you TRUST and feel comfortable communicating with?



Slide 20

Virginia Department of Behavioral Health & Developmental Services

20

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.

Sam's Relationship Map

The Relationship Map is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practices.

Page 1 of 1

21

Sam's Supporters

- Mom (Mary)
- Dad (Paul)
- Sister (April)
- Friend (Adam)
- ABA Therapist (Rachael)
- Theater Coach (Johnny)

Virginia Department of Behavioral Health & Developmental Services

Slide 22

22

Will You Be My Supporter?

Things to think about before you ask:

- What you want this person to help you with
- How you want this person to help you
- How often do you think you will need them to help you

*Look at your *When Do I Want Support?* and *What Kind of Support Do I Want?* discovery tools to help*

How to ask:

- Write a letter or email
- Communicate with the person you are asking to be your Supporter in-person or on the phone



Will You Be My Supporter?

What to say:

- What is a Supported Decision-Making Agreement?
- What does a Supporter do?
- What do you need/want them to help you with?
- How do you want them to help you?
- How often do you want to meet with/ talk to them to get help?
- Invite them to help you fill out your Supported Decision-Making Agreement and sign the Agreements page

Helpful Tools:

- Give FAQ form and/or links to DBHDS website
- Give them a copy of your *What Kind of Support Do I Want?* tool



Will You Be My *Supporter*?

Dear _____,

I am making my Supported Decision-Making Agreement and I would like you to be one of my Supporters.

A Supported Decision-Making Agreement is a document that I write that says who I want to help me, in what areas of life I want help, and how I want to be helped. It is a way for me to get help with making choices or decisions, but I keep all my rights and I make the final decision.

Supporters agree to help me how I liked to be helped, but do not make decisions for me. Supporters can decide not to be a Supporter at any time and do not get in trouble for the choices I make.



Slide 25

25

Will You Be My *Supporter*?

I would like help in these life areas: (write life areas from your When Do I Want Support? tool) .

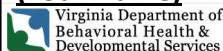
I would like you to help me with these things: (write checked areas from your When Do I Want Support? tool).

I like for people to help me by doing these: (write checked items from your What Kind of Support Do I Want? tool).

If you are okay with this, please meet with me to fill out and signed my Supported Decision-Making Agreement.

Sincerely,

(Your Name)




Slide 26

26



27



Questions



Virginia Department of
Behavioral Health &
Developmental Services

Slide 28

28

Next Time...	
<p>Session 4-</p> <p><i>Virginia's Supported Decision-Making Agreement Template</i></p> <p>February 2, 2023</p> <p>6:30pm – 8:00pm</p> 	
 <p>Virginia Department of Behavioral Health & Developmental Services</p>	Slide 29

29

Resources	
<p><i>DBHDS Supported Decision-Making-</i> https://dbhds.virginia.gov/supported-decision-making-supported-decision-making-agreements/</p> <p><i>disAbility Law Center of Virginia-</i> https://www.dlcv.org/supported-decision-making</p> <p><i>PEATC-</i> https://peatc.org/services/transition-to-adulthood/</p> <p><i>Supported Decision Making-</i> http://www.supporteddecisionmaking.org/</p> <p><i>Virginia WINGS booklet-</i> https://www.vacourts.gov/courts/circuit/resources/guardian_options_pamphlet.pdf</p>	
 <p>Virginia Department of Behavioral Health & Developmental Services</p>	Slide 30

30

Contact Information

Sara Thompson,

Supported Decision-Making Community Resource Consultant

Phone: 804-869-0591

Email: Sara.Thompson@dbhds.virginia.gov

