

## Accessible Resources

### The Arc Massachusetts

781-891-6270

[arcmass@arcmass.org](mailto:arcmass@arcmass.org)

[thearcofmass.org](http://thearcofmass.org)

### Center for Public Representation

413-586-6024

[SDM@cpr-ma.org](mailto:SDM@cpr-ma.org)

[supporteddecisions.org](http://supporteddecisions.org)

### Massachusetts Advocates

#### Standing Strong

[info@wearemass.org](mailto:info@wearemass.org)

[www.wearemass.org](http://www.wearemass.org)

### Massachusetts Developmental Disabilities Council

617-770-7878

[tinurl.com/5n8p84n](http://tinurl.com/5n8p84n)



**"People can make  
informed decisions about  
their own lives with the  
support of those they  
trust."**



## Reach out to us



[www.conexioneslatinx-ma.org](http://www.conexioneslatinx-ma.org)



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## Guide to Supported Decision-Making

## Foundation

The fundamental principles of Supported Decision-Making include:

- Every person has the right to self-determination. Supported Decision-Making helps people make decisions about their own lives, with the support they need and want.
- Every person deserves to be able to take risks and learn from mistakes.
- Every person should get the support they need to make and communicate their own decisions. The support will look different for each person.
- We should all honor each others' decisions and preferences.
- People are able to make better informed decisions when they are able to get the advice of people they know and trust.
- Supported Decision-Making can be a reasonable accommodation for a person's disability.

## Choice

When picking supporters, the person should think carefully about who they trust and what kind of help they want. The person should pick supporters who will help them make their own decisions and not try make decisions for them.

## Dialogue

The person and supporters should discuss what area of life the person wants help in making decisions, like in finances, healthcare, education, and employment

## Plan

A person is not required to create a written agreement with their supporters, but it can be helpful to do so. It clarifies what everyone's roles are and lets others know that the person uses Supported Decision-Making.

## 5 Steps in Supported Decision-Making

**Start the conversation.**

**Identify trusted supporters who are willing and able to help.**

**Plan and communicate.**

**Consider writing an SDM agreement.**

**Share the agreement with people who need to know, like doctors, schools, and service providers.**