What Might 'Support' Look Like?

Below are some examples of how a Supporter might work with you so that you are supported and able to make an informed choice. Your Supporter could:

- Use plain language materials and present information to you in multiple ways (video, audio, print).
- Request extra time for you to make a decision. This will allow time for your Supporter to give you additional information and discuss your choices with you.
- Make sure you understand your choices by creating lists of pros and cons.
- Prepare you to communicate your decisions by role playing how you will inform others of your choices.
- Go with you to important appointments to take notes and help you remember and discuss your options.
- Set up and help monitor payment tools such as auto-payments or bill management notification apps.

What Kinds of Support Do I Need?

In the empty box below make a note about what kind of supports have worked well for you in the past and what supports you would like to have in the future.

When Do I Want Support and What Kind of Support Do I Want?

This worksheet can help you decide what kind of decisions you would like support with, and what kind of support you would like.

It will help you:
- Identify the kinds of things you can do alone
- Identify the kinds of decisions you need some support with
- Identify what kind of support you might need

Check the boxes to say if you need support in the topic listed. If you check the 'I need some support' box, write a note about what kind of support you might want.

	I can do this alone	I need some support	What kind of support do I need?
Money Management			
Paying the rent and bills on time (for example, cell phone, electricity, internet)			
Keeping a budget so I know how much money I can spend			
Making big decisions about money (for example, opening a bank account, signing a lease)			
Making sure no one is taking my money or using it for themselves			
Healthcare			
Choosing when to go to the doctor or the dentist			
Making medical choices in everyday situations (for example, check-up, medicine from the drug store)			

(Healthcare continued on next page)

(Healthcare continued)	I can do this alone	I need some support	What kind of support do I need?
Making medical choices in serious situations (for example, surgery, big injury)			
Making medical choices in an emergency			
Understanding how healthcare costs are covered (for example, Medicaid, private insurance, etc.)			
Making choices about birth control or pregnancy			
Remembering to take medicine			
Making decisions about maintaining a healthy lifestyle			
Education			
What classes I will take			
What support do I need at school			
Deciding what college to attend or what to do after high school			
Telling people what I want and don't want			
Telling people how I make choices			
Making sure people understand what I am saying			

	I can do this alone	I need some support	What kind of support do I need?
Employment			
Choosing if I want to work			
Understanding my work choices			
Choosing classes or training I need to get a job I want, and taking these classes			
Applying for a job			
Going to my job every work day			
Knowing what support I need at work and how to request it			
Understanding the employee handbook or work policies			
Relationships			
Making choices about sex			
Choosing if I want to date, and who I want to date			
Making choices about marriage			
Community Living			
Choosing where I live			
Choosing who I live with			

(Community Living continued on next page)

(Community Living continued)	I can do this alone	I need some support	What kind of support do I need?
Choosing what to do and who to see in my free time			
Set up a cleaning schedule			
Finding support services			
Hiring and firing support staff			
Traveling to places I go often (for example, getting to work, stores, friends' homes)			
Traveling to places I do not go often (for example, doctor's appointments, special events)			
Making a plan to take care of my personal hygiene (for example, showering, bathing, brushing teeth)			
Meal planning and budgeting for grocery shopping			
Legal Matters			
Talking to an attorney if I need one			
Help understanding legal documents			
Help understanding my rights			
Signing important papers like contracts and formal agreements			

	I can do this alone	I need some support	What kind of support do I need?
Personal Safety			
Planning for emergencies			
Making safe choices around the house (for example, turning off the stove, having fire alarms)			
Making safe choices in the community			
Understanding and getting help if I am being treated badly (abused, neglected, or exploited)			
Other			
Choosing who to vote for and voting			
Making choices about alcohol and drugs			
Choosing when and where I want to vacation.			

Choosing Your Supporter

After you know what types of decisions you would like help with, think about people in your life who you would like to work with when making these decisions. These people are called "Supporters".

You get to choose who your Supporters are and how many Supporters you have.

Who Can I Choose To Be My Supporter?

The Role of The Supporter

A Supporter is available to help when you need It. You choose who you would like to support you and you determine when and for what reason you would like assistance.

A Supporter Can:

- Help you read and/or understand your options
- With your permission, access information needed to help you make a decision
- Attend meetings and assist you in asking questions
- Help communicate your decisions and preferences to others

How Do I Want To Get Help?

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

Use the table below to think about who you might want to be your Supporter and why.

I need some support	Who do you want to ask to be your Supporter?	Why?
Example: Paying the rent and bills on time	Example: My nephew	Example: I trust him

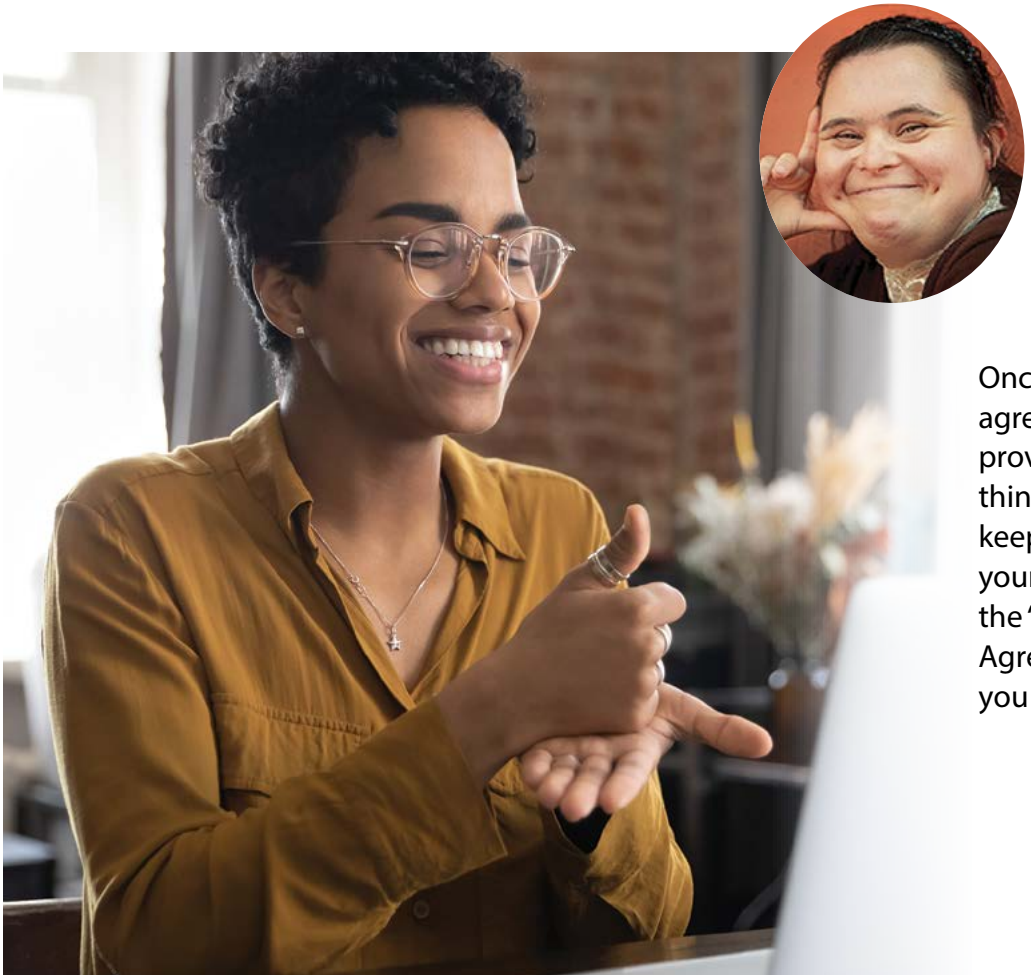
Asking Your Supporters

Once you choose someone to assist you, you have to ask them if they are willing to be your Supporter.

It is important that they understand what you want support with. They have to be willing and able to offer you the help you need if they are going to be your Supporter. They can say no. To help them decide, you can:

- Tell them what you would like support with
- Talk with them about how you would like them to support you
- Show them a sample supported decision-making agreement and other information about supported decision-making

If they agree to be your Supporter, you are ready to create your supported decision-making agreement.

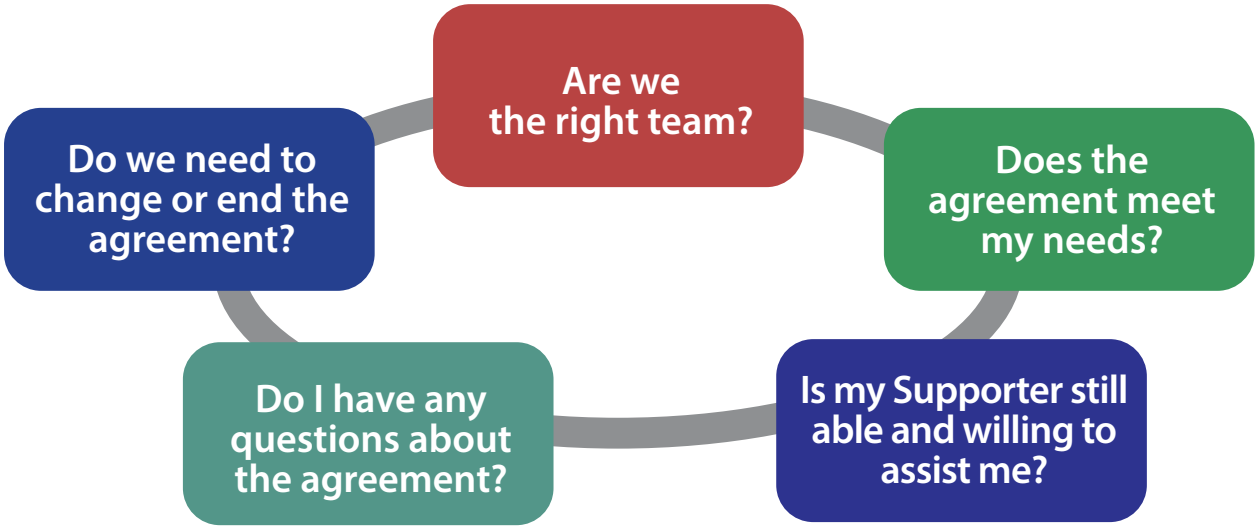


Once you have created your agreement, you can share it with providers and others who you think need to see it. You should keep track of who you have shared your agreement with. You can use the 'Supported Decision-Making Agreement Tracking Form' to help you do this.

Keep Your Supported Decision-Making Agreement Up-to-date

Sometimes things can change in your life or in your Supporter's life.

You should look over your supported decision-making agreement every few months and ask:



When asking 'Are we the right team?' think about the following:

- Does your Supporter understand your needs?
- Is your Supporter assisting you in the ways that you want?
- Do you need more support or less support than you are getting?
- Are you and your Supporter working well together or do you fight or disagree a lot?
    - If you disagree, are you still able to work well together?
    - If things aren't working for you, you can choose a different supporter or end the supported decision-making agreement.