

FIVE FAST FACTS FOR FRIDAY

Supported Decision-Making



- Supported decision-making (SDM) is an alternative to guardianship that allows an individual with a disability to work with a team and make his or her own choices about his or her own life.
- Under this model, the individual designates people to be part of a support network to help with decision-making.
- With SDM, the supporter gives advice, but the person with a disability makes the final decision.
- SDM promotes self-determination, control and autonomy. It fosters independence and enables the person to make his or her own decisions with assistance from a trusted network of supporters.
- Potential supporters may be friends, family, volunteers, community members or any other trusted person. These unpaid supporters may help the person with disability to gather, understand and consider relevant information about the decision in question.