



Supported Decision-Making New York  
Hunter/CUNY | NY Alliance | DRNY | The Arc Westchester

## DECISION-MAKERS

**Everyone has the right to make their own decisions.**

**Some decisions are easy to make and some decisions are hard, but you have the right to make your own decisions regardless of disability.**

When a person with an intellectual or developmental disability (I/DD) has a guardian, the guardian is allowed to make decisions on that person's behalf.

Supported decision-making (SDM) is a way to avoid having a guardian. SDM lets you to keep your right to make your own decisions.

Especially for decisions that are harder or more complicated, you may want someone who knows you and who you trust to help you make those decisions.

**Supported decision-making (SDM) allows you to choose:**

- **Which** decision-making areas—like healthcare or money—you want support with;
- **Whom** you trust to be your Supporters;
- **What** kinds of support you want from them; and
- **How** you want to receive those supports.

**The people you choose as Supporters agree to support you to make your own decisions, and not to make those decisions for you.**

# GETTING STARTED MAKING YOUR OWN DECISIONS



A trained Facilitator who is supervised by an experienced Mentor will work with you to identify your Supporters. Supporter(s) can be family members, friends, neighbors, direct support staff, physicians, clinicians, etc.

The Facilitator will work with Supporters to help them understand how you want them to support you in making your own decisions.

Together—you, the Facilitator, and your Supporter(s)—will create a Supported Decision-Making Agreement that puts into writing your support preferences.

## To get started:

You can contact us at [www.sdmny.org/contact-us](http://www.sdmny.org/contact-us) or visit [www.sdmny.org/calendar](http://www.sdmny.org/calendar) to see the next information session in your area.

## About SDMNY

Supported Decision-Making New York (SDMNY) is a 5-year project by Hunter College/CUNY, the Arc Westchester and the New York Alliance for Inclusion and Innovation in partnership with Disability Rights New York. SDMNY is funded by a grant from the New York State Developmental Disabilities Planning Council (DDPC).

SDMNY has three goals: to raise awareness about SDM as an alternative to guardianship for persons with I/DD, to help persons with I/DD either with or without guardians use SDM to make their own decisions, and to encourage policy-makers and organizations to help others to learn about and use SDM.

If you want to try SDM, SDMNY will help you make your own Supported Decision-Making Agreement. You can use it as an advocacy tool to educate others about how you want to make decisions and if you already have a guardian, you can go to court with your SDMA, ask to end the guardianship and get back all of your rights. SDMNY is funded by NYS DDPC.

