

DECISION-MAKERS CHOOSE THE AREAS IN WHICH THEY WANT SUPPORT

SDMNY'S 3-phase facilitation model—and the Big Four chart it uses—is based on the belief that Decision-Makers should choose the areas in which they want to receive support, and that those areas may be different for everyone. Michelle R. is a Decision-Maker working with our Long Island site, who will soon sign her SDMA. She's a perfect example: able to make decisions on her own in many areas, but recognizing the need for support when it comes to health care. Her story, in her own words, is below. We thank her for sharing, and congratulate her, her supporters and her facilitator on the great work they've done!

My name is Michelle R. I work at AHRC Nassau as a Quality Assurance Trainer. Along with the many hats I wear, I am also a Co-Advisor for the Residential and Executive Councils where I support advocates to speak up for themselves. I live in Valley Stream,



Long Island where I Self Direct my own services. During my free time when I'm not training or advocating, I like to play sports such as basketball and bowling. I also watch baseball, football, and wrestling.

I chose to participate in Supported Decision Making because I can make decisions for myself but decisions having to do with my medical needs, I may need support. Guardianship, although right for some people, wasn't right for me. With Supported Decision Making, I worked with a Facilitator to pinpoint the areas I need support such as medical. After many meetings, my Facilitator wrote up my Supported Decision Making Agreement where all my Supporters and areas of support are listed. I'm so excited that I will be signing my Supported Decision Making Agreement soon.