

Getting Started

Supported Decision-Making (SDM) helps individuals with intellectual and developmental disabilities make decisions with the support of trusted individuals. It promotes autonomy and self-determination and is a less restrictive alternative to Guardianship. Supported Decision-Making New York (SDMNY) works with interested “Decision-Makers” through a three phase process to achieve a Supported Decision-Making Agreement (SDMA). The Agreement is a legally recognized framework for support in making decisions.



Step 1: Attend Information Session

Learn more about SDM and SDMNY. Open to all! Register at <https://sdmny.org/events/>



Step 2: Attend Signup Session

Signup Sessions are for individuals who wish to become Decision-Makers through our process. The individual who will participate must attend this session. <https://sdmny.org/events/>



Step 3: Complete Signup Form

Individuals who attend a Signup session will receive a link to complete the online Signup Form.

Step 4: Facilitator Matching

Once the Sign-up form is completed individuals are paired with a trained Facilitator who guides the 3-phase Facilitation Process to create your SDM Agreement.

Step 5: Meet and Greet Meeting

The new Decision-Maker and their Facilitator meet to plan getting started with the Facilitation process. Meetings will be scheduled regularly and can be virtual or hybrid when possible.