

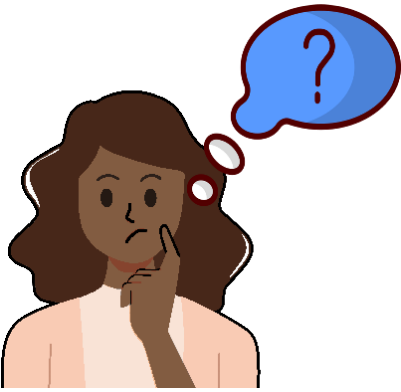
How to Choose Supporters



Supporters are people you choose to help you make decisions.



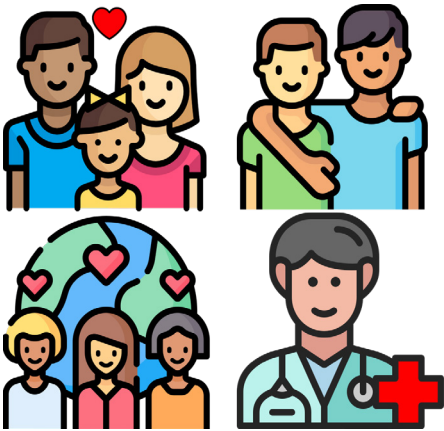
The supporters you choose are listed in your Supported Decision-Making Agreement (SDMA).



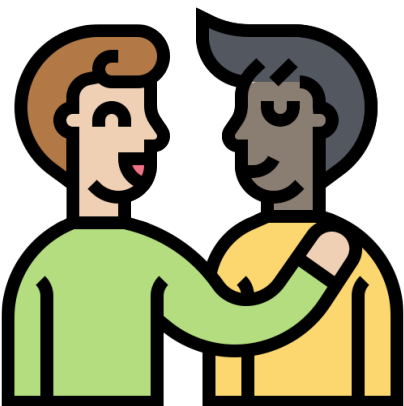
How do you choose your supporters? Here is a list of things to think about:



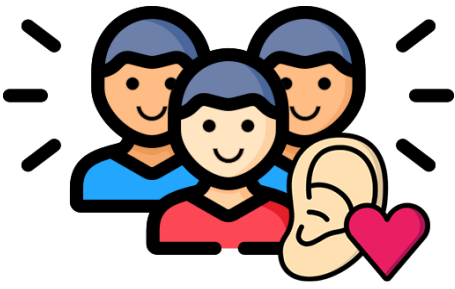
1. Supporters are people you trust.



2. Supporters can be family members, friends, people in your community, or professionals you work with.



3. Supporters respect you.



4. Supporters listen to you.



5. Supporters care about what is important to you.



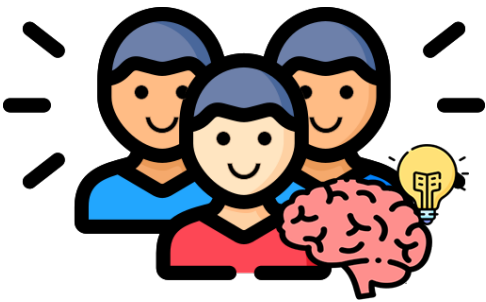
6. Supporters make time for you.



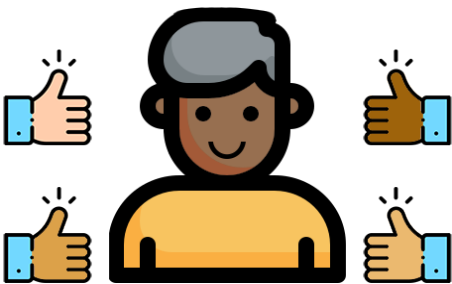
7. Supporters will give you the kind of support you want. For example, they can help you understand information or think about options.



8. Supporters can be good at finding information or giving advice.



9. Supporters might know a lot about the type of decision you have to make, for example around money or health.



10. Even when supporters disagree with you, they respect your decisions.