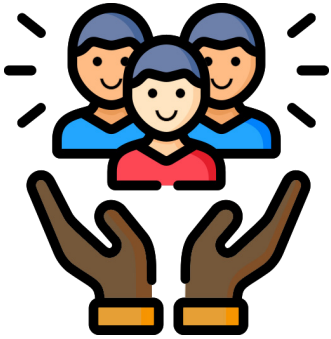
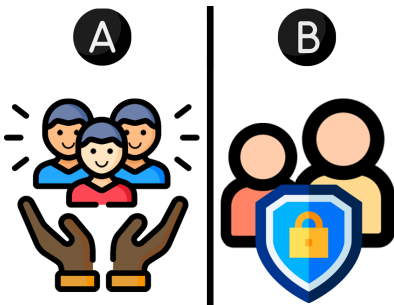


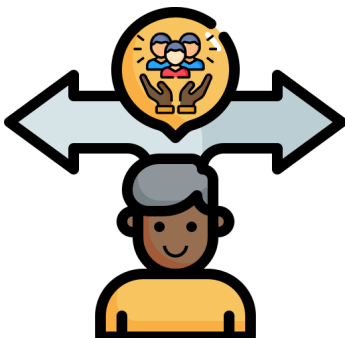
## An Introduction to Supported Decision-Making New York (SDMNY)



Supported Decision-Making is a way for people with disabilities to be in charge of making their own decisions.

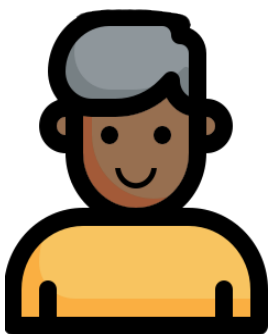


Supported Decision-Making is an alternative to guardianship.



When you use Supported Decision-Making, you get to choose people to support you, but you still get to make your own decisions.

# How does the SDMNY Project work?



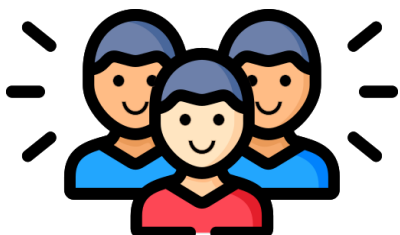
People who decide to join the SDMNY project are called **“Decision-Makers”**.



If you sign up with SDMNY to be a decision-maker, you will work with a **“Facilitator”**.



A facilitator will work with you to make a Supported Decision-Making Agreement.



**“Supporters”** are the people you choose to help you with decisions in your life.

# There are three phases (or steps) in the SDMNY process.

## *In Phase 1:*



You will meet with your facilitator about 1 time every 2 weeks.

You and your facilitator will talk about making decisions in your life.

## *In Phase 2:*



You and your facilitator will reach out to the people in your life you want to invite to be supporters.

Your facilitator will help your supporters understand how to be a good supporter.

## *In Phase 3:*



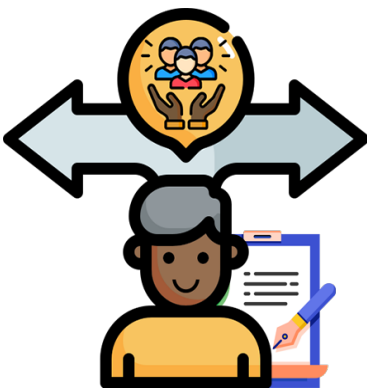
You, your supporters, and your facilitator will meet to create your Supported Decision-Making Agreement.

# The Supported Decision-Making Agreement will include:

- decisions you want support for,
- the supporters you've chosen to support you, and
- the ways in which you want to receive support.



When you are done, you will have a signing ceremony to celebrate and to sign your Supported Decision-Making Agreement.



At the end, you will have a Supported Decision-Making Agreement to use for making decisions.