

Factsheet

What is Supported Decision-Making New York (SDMNY)?

Supported decision-making (SDM) is a process in which people with intellectual and developmental disabilities build their own decision-making skills and develop a structure of support of trusted persons in their lives while retaining all their legal and civil rights. It is increasingly becoming recognized as a preferable and less-restrictive alternative to guardianship here in NYS, nationally, and even internationally. **SDMNY** offers SDM facilitation services across NY state.

How does the SDMNY Project work?

In the SDMNY project, we refer to persons with I/DD as **Decision-Makers** or **DMs**. The facilitation process is broken down into **3 phases**.

- **Phase 1:** The **DM** is assigned an **SDMNY Facilitator** to explore how the DM makes decisions now and how they want to make decisions with support in the future, including the areas and kinds of support, and the people they want to choose as **Supporters**.
- **Phase 2:** The DM and the Facilitator will reach out to possible Supporters chosen by the DM. The facilitator will help supporters understand the principles of SDMNY before committing to the role and responsibilities of providing support.
- **Phase 3:** The DM, the Facilitator, and the chosen Supporters work together to create a **Supported Decision-Making Agreement** or **SDMA**. The SDMA spells out:
 - the important decisions the DM wants support for
 - the supporters the DM has chosen for support
 - the kinds of support the DM deems important
- **SDMA Signing Ceremony:** The final step is a ceremony where the DM and Supporters sign and attest to what is detailed in the SDMA. The Facilitator will act as witness to the signing.



What are the benefits of participating in the SDMNY facilitation process?

Supported Decision-Making (SDM) is a well-established international initiative that values the right of persons with I/DD to live self-determined lives. And it is now the Law in NYS! Third parties are required to accept and honor a DM's decisions, when they are made according to the terms of their SDMA. In other words, they can't discriminate against individuals because of their disability, when they have an SDMA that has been created through an OPWDD approved facilitation process like SDMNY's.



How long will the facilitation process last?

The SDMNY facilitation process takes approximately 6-9 months. Depending on many factors, the process may go more quickly or more slowly.



For more information contact us today!

sdmny.org/contact/

Call/text: (646)807-8483

Or attend an upcoming SDMNY information session: sdmny.org/events/