

Changing your Supported Decision-Making Agreement (SDMA)

What is an SDMA?

- An SDMA is a document that helps you make decisions with support from others.
- You can change your SDMA whenever you need to.



Why Change an SDMA?

- Your needs have changed.
- A Supporter can no longer help.
- You want to add a new Supporter.



How to Change an SDMA:

1. Tell your Supporters about the changes you want to make.
2. Update the SDMA with the new changes.
3. (Optional) Meet with a Facilitator from SDMNY to discuss and help with the changes.
4. Share the new SDMA with people in your life, like other Supporters and doctors.



Things to Remember:

- Using a Facilitator can help make sure your updated SDMA still fits in the the law and reflects your wishes.
- Review your SDMA every year and during your life-plan meetings to see if changes are needed.
- In New York, SDMA's created without an SDMNY Facilitator do not have the same legal rights.

