

# YOU ARE THE BOSS OF YOUR LIFE!

Supported Decision-Making (SDM) and Self-Direction can help you make your own choices about how you live your life and your Supports and Services



## SDM

- SDM means you get help to make decisions.
- You choose people you trust to help you.
- You make the final decision!

## Self-Direction

Self-Direction means you choose the services and supports you need.

- You can choose who works for you.
- You can choose who helps you in your life.
- An Agency does not decide.
- You can choose what you do every day.



## SDM&Self-Direction

- SDM can help you make decisions about your Self-Direction.
- Your Supporters can help you make decisions about your services and staff.
- SDM and Self-Direction help you be more independent!



**YOU HAVE THE RIGHT TO MAKE CHOICES!**

To learn more about SDM, visit our website!

[www.sdmny.org](http://www.sdmny.org)

