66 MY VOICE COUNTS **

Supported Decision-Making an Alternative to Guardianship

A Self Advocate's Guide to Supported Decision-Making

ACKNOWLEDGMENTS "MY VOICE COUNTS"

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My Voice Counts

A Self Advocate's Guide to Supported Decision Making

Designed For People Who Are Self Determined

"My Voice Counts" was designed and created by the Utah Advocates as Leaders, Self Advocacy Speaker's Network. The speakers of the network, advocates like yourself, researched and wrote this guide to help self-determined people think about the ways in which

> their voices can be heard when making both simple and hard decisions.

This guide will give you ideas in 5 different areas of Supported Decision Making

Understanding Supported Decision Making as an Alternative to Guardianship How to Choose the Right People to Be a Part of Your Support Team How to Organize Your Ideas About What You Would Like to Do and What You Might Need How to Create Your Own Supported Decision Making Agreement

Awareness of Legal Forms and Resources that Might Be Helpful in Your Life









Supported Decision Making An Alternative to Guardianship

About SDM: What is Supported Decision Making?



Simply put, SDM is a way to plan your life and achieve your goals by working with a team of trusted supporters in order to make your own decisions about your future. By using your friends, family members and professionals, you will better understand the situations and choices you might face when making both simple and hard decisions. SDM promotes your ability to be self-determined, have control over your own decisions and empower you to be more self-sufficient and independent.

Reaching Your Highest Potential

Supported Decision Making is not really a new idea. As a matter of fact, you have been learning about this idea for many years. Think back about the words you might have heard like self-advocacy or maybe self-determination. Some of you already might be running your own educational or service support meetings and others may be voicing your opinion to the people who care about you, about the things you want in your life. All of these things have an important role when using the supported decision making idea.

Supported Decision Making is all about...

- Be willing to accept the responsibilities and consequences of the decisions you make
- Be willing to write your ideas down with the help of your supporters
- Be willing to look at your own strengths and challenges when deciding on the supports that you will need in order to be successful



- Self-Determination and Self-Advocacy
- Be willing to work with a team of supporters to achieve your goals
- Be willing to try new ideas and explore different possibilities
- Show people, that with their help, you can make good decisions that will improve the quality of your life

About Guardianship What is Guardianship?

A guardian is someone who can help you with making life decisions or <u>make decisions for you</u>. They are appointed by a judge to make these decisions. There are two types of guardianship: full and partial.

A partial (limited) guardian can make decisions, with or without your opinion or permission in <u>SOME</u> areas of your life.



A full guardian can make decisions, with or without your opinion or permission in <u>ALL</u> areas of your life.

How is SDM Different than Guardianship?



Guardianship

A guardian can help you make life decisions or <u>make</u> <u>decision for you</u>.

A judge decides who will be your guardian.

A Guardian can decide about the types of supports you will need.

A Guardian accepts the responsibility and consequences of their decisions.

Supported Decision Making

SDM is a way to plan you life by working with a team of trusted supporters in order to make your own decisions.

You decide who will be part of your support team.

You are responsible for deciding the areas that you need help with and the type of supports you will need.

You accept the responsibility and consequences of your decisions.

Can you answer the following questions?

How would you FEEL if someone wanted to become your guardian?

If someone wanted to limit your rights, what questions might you ask?

Why Are My Family or Friends Talking About Guardianship?

For several reasons:

When you turn 18 years old

Schools or doctors sometimes tell them it is necessary



WHY?

When you turn 18 years old in the State of Idaho, it is called "the age of majority" and it means that you have the same rights and consequences as other adults. You now have the right to make decisions on your own, if you wish.

Many times school personnel or people who provide you with your health care may have some questions about your ability to make decisions about your educational goals or your health care needs. They may feel you will need support in making these decisions and recommend to your family and/or friends to become your legal guardian.

They may believe that it is the only way to help you with your money or connect you to adult supports

WHY?

Many people are unaware of the options that can be used when helping you in protecting and using your money responsibly. If you need help with other areas of your life, such as connecting and maintaining adult supports, family, friends, professionals and community members can assist you with these support, if you give verbal or written permission.

They might think there is no other legal solution to help you

WHY?

In the past, we never thought that people with disabilities could use the same legal documents that are available to other United State citizens. Today people with disabilities have a variety of assets that may be protected in different ways.



See if you can match the statement with the right idea.



at .	Let's Get Going
	<image/>
	How Do I Get Started? What Do I Do Now?

Identify the areas of your life you will need support with and think about the ways your support team can assist you.

	Identify the supportive people in your life. Who would you choose to help you and are they willing?	step 3
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Create an agreement with your supported team to get started on achieving your life goals. Depending on your situation, additional legal forms may need to be explored to help protect your money, health and your personal belongings.	step 4
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STEP 1 Talk with your friends, family members and the people you trust about your ability to make good decisions with their support.

Every Person, With or Without Disabilities, Make Decisions about Their Lives Everyday!

It is not uncommon for ALL of us to rely on others when making decisions. We might call our brother if we had a question about fixing our cell phone or maybe our mom to ask her how to make her great spaghetti sauce. We all get advice and help from our friends and family members when making both simple and hard decisions.

Supported Decision Making is all about **how** your friends, family and even professionals can help you make good decisions, but you are the one that has the final say. By having this responsibility, it will be important to show others that you are determined, responsible and capable of making decisions that will improve the quality of your life.





SOME DECISIONS ARE EASY AND SOME DECISIONS ARE HARD!

EASY DECISIONS

What do I want to wear today?

What should I have for dinner tonight?

Should I go to the movies with my friends or stay home and watch my favorite TV program?

Name 2 simple decisions you made today

. 2.

1.

The easy ones are the ones we don't have to think too much about, but the hard ones, you might find that you will have to explore more options, ask lots of questions, and take a little extra time thinking about what you will do.

When making a decision think about these three important ideas:

1. Preferences What do you like or don't like?

1.

2. Values What is important to you?

3. Needs What are the things you need to live as happily and independently as possible?

HARD DECISIONS

Where do I want to live?

What goals do I want to achieve?

Can I manage my own money?

Where can find supports that will help me be successful?

If I have an important medical problem who can I trust to help me?

Name 1 HARD decision you had to make in the last 30 days (month)

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STEP 2

Identify the areas of your life you will need support or help with and think about the ways your support team can assist you.

Everybody who loves and cares about YOU wants you to be healthy and safe. If you are not able to show your supporters that your goal is to live in a safe environment, be aware of your surroundings, try not to put yourself in harm's way and take care of your health needs, just to name a few areas of possible supports, Supported Decision Making will be a tough journey. Remember it's about helping you make good decisions.

DON'T GO IT ALONE...thinking about and identifying the things you want, need or wish are all pretty big decisions. If you need someone to help you think about all the different areas of YOUR life, don't be afraid to ask a trusted person to lend a hand.



People are COMPLICATED!! Each one of us will have different needs at different times in our lives. The "life" areas listed below might or might not meet your particular situation. Just a place to start......

Check the LIFE AREAS that your supporters can help you with to make good decisions.

- **O** Being and Staying Safe
- Daily Living (Personal Care)
- Health ChoicesPhysical
 - O Mental
- O Home, Work and Friends
- O Money /Financial
- O Education and/or Training





- O Transportation
- O Dating /Partners
- O Free Time/Social
- O Caring for a Child



O Pet Care

Now that you have chosen your life areas, how can your supporters help you? Check out the next few pages....



Most of the supporters you choose will NOT have the ability to read your mind. If you want to make your own decisions, you will have to decide on the things you need and want.

Check out the different "LIFE AREAS" and mark the ones that you want your supporters to help you learn or achieve. Share this "LIFE LIST' with the people who are willing to support your ideas.

Being and Staying Safe

- Making safe choices around my home: remember to turn off the stove, cleanliness, fire alarms, adaptive lighting or hearing devices.
- Making choices about the way people treat me. If I am being treated badly helping me speak up and get help.
- □ Making choices about alcohol and drugs
- Making choices about where I go and who I go with
- $\hfill\square$ Other things:

Education/Training

- Making choices about my goals under the Individual Education Plan (IEP)
- Making choices about who will come and support me with my IEP plan
- □ Making choices about higher education
- Making choices about learning a new skill (cooking, art, music, martial art, dance)
- Making choices about being involved in community classes
- $\hfill\square$ Other things:

Daily Living

- Making choices about food, getting food or preparing food
- Making choices about clothing, cleanliness and style
- Making choices about showering/bathing, brushing my teeth, combing my hair
- Making choices about my medications, understanding why I take them, remembering to take them and refilling them.
- $\hfill\square$ Other things:

Money/Financial

- Making choices about how I can pay my bills on time and keep a budget.
- Making choices about how I can keep my money safe
- Making choices about big decisions about my money (signing a lease, getting a credit card, purchasing a home)
- \Box Other things:



THE "LIFE LIST"

Part Two

Health /Physical Health

- □ Making choices about living a healthy lifestyle: belonging to a gym or looking for a walking partner.
- □ Making choices about regular visits to doctors for routine health care and maintenance
- □ Making choices about dental health
- □ Making choices about major medical care: surgeries, big injuries or illness
- □ Making choices about medical care in emergencies
- Making choices about my medical directives in case I wasn't able to make my own decisions (Advance Medical Directives)
- Other things: _____

Mental Health

- Making choices about finding a doctor or a therapist
- □ Making choices about medications
- Making choices about alternative treatments

 \Box Other things:





Dating and Partners

- Making choices about who I would like to date
- Making choices about being safe on social media
- Making choices about sex, birth control and pregnancy
- □ Making choices about marriage
- \Box Other things:



Transportation

- Making choices about how I will get around: Bus/Taxi/Using my Bike
- Making choices about the different transportation options
- Making choices about getting a driver's license, understanding the responsibilities of owning a car and the cost.
- \Box Other things:



THE "LIFE LIST"

Part Three

Free time/Social

- Making choices about fun activities (going to a friend's house, taking a vacation)
- Making choices about joining a social group or participating in social events

 \Box Other things:

Home, Work and Friends

- □ Making choices about where I want to work
- □ Making choices about where I live and who I live with
- □ Making choices about my support services
- $\hfill\square$ Making choices about where I go and who I go with
- $\hfill\square$ Other things:

Caring For a Child

- Making choices about the supports needed (in-home visits, parent training, daily living skills)
- Making choices about child care, early intervention services and counseling
- Making choices about accessing educational or mentoring programs
- Learning more about crisis intervention services and supports

- Learning more about public benefits that might be needed for both you and your child
- \Box Other things:



Pet Care

- Making choices about the type of pet I would like to own
- Making choices about maintaining the pet I have chosen (food, medication, veterinary services)
- □ Other things:



Identify the supportive people in your life who are willing to assist you.

Who Should Help Me Make My Decisions?

Remember how we said that we all get advice and help from our friends and family members when making both simple and hard decisions? Now it's your turn to decide who will help you. Here are some things to think about when choosing the people to be part your SDM Team.

Someone who is honest

Someone who has knowledge or expertise in a specific area

Someone who will listen to your voice and the things you would like in your life



Someone who will talk to you and not just the people around you



Someone who has similar interests

2.



Someone you can trust

Someone who will follow through with their commitment

> Someone who is willing to help you

Someone who is creative and willing to explore all possibilities

Name the 3 things that YOU think are the <u>most important to you</u> when choosing a supportive person.

1.

3.

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STEP 4

Create Your Own Supported Decision Making Agreement

A Road Map for Accomplishing What Matters Most to YOU



Yes it's true, we do all types of planning every day. When you turned 18, you now have more choices about what you would like to plan in your life. Some of your plans will be simple, like planning for a weekend or taking a vacation and don't really need anything in writing, but what if you needed help with your money or your health? Or what if you needed assistance with moving out on your own or getting better training so you can get a great job? These type of goals may need a written agreement between you and your supporters that you can create yourself. Supported Decision Making agreements are one, of many tools available, that you can use for planning your future. Let us show you how!



AGREEEMENTS are a two way street. All agreements involve 2 people who are willing to provide something to each other. Usually agreements are legally binding, that means that if either one of you do not do what you said you would do, you could take legal action against each other. A Supported Decision Making is a little different. In this agreement, you are giving your supporters the "AUTHORIZATION" to assist you in the areas of life that you need help or support in. That means that you are giving your "PERMISSION" for your supporters to point out all of your options and support you with taking the steps to accomplish your goals. Supported Decision Making agreements are in writing and will take some planning.

PEOPLE WHO <u>PLAN</u> ARE MORE LIKELY TO ACCOMPLISH THE THINGS THAT MATTER THE MOST TO THEM





REMEMBER, PLANNING HELPS WITH:

Setting the direction of YOUR goals, priorities and needs

🗹 Getting everyone on the same page

Setting time limits for completion

Have you ever been a part of any of these?

Being sure that all of your options and resources are explored



ANYONE can write an agreement. Sounds scary? Not really because most of you already have had some experience in writing and being part of an agreement.





A Person Center/Directed Plan?

An Individuals Education Plan (IEP) or a 504 Plan?



An Employment or Work Forces Service Plan?

Getting Ready to Start Writing Your Own Supported Decision Making Agreement

BEFORE you start writing your plan.... have you done the following?

✓ Mark the ones you have completed.

You have thought about the things you want in your life and have chosen the things you will need help with from your supported decision making team (Life areas).

You have chosen your support people and have shared with them the ideas behind the Supported Decision Agreement. <u>They have agreed</u> to help you accomplish your goals.

You have set up a time and date to meet with your Supported Decision Making team and have invited them to your meeting.

There are many different Supported Decision Making agreements and some examples can be found at the websites listed below. Each agreement looks a little different and you can use them in any way you feel best fits your ideas about how you want your agreement to look and work.

Check out some of these resources before you start writing your agreement You can click on the underlined words to go directly to the resource/website

American Civil Liberties Union - Supported Decision Making

https://www.aclu.org/issues/disability-rights/integration-and-autonomy-people-disabilities/supporteddecision-making?redirect=issues/disability-rights/supported-decision-making <u>How to Make a Supported Decision-Making Agreement</u> https://www.aclu.org/other/when-do-i-want-support-supported-decision-making-self-assessment-tool

Life Course Tools

http://www.lifecoursetools.com/

Maine SDM Coalition - <u>Resources</u> http://www.supportmydecision.org/resources <u>Designation of Supported Decision-Making Team Form</u> http://www.supportmydecision.org/assets/tools/Supported-Decision-Making-Designation-Form-

http://www.tcdd.texas.gov/wp-content/uploads/2015/08/Supported-Decision-Making-Agreement-Oct15.pdf

Yukon Health and Human Services – <u>Supported Decision Making Agreement</u> (form) www.gov.yk.ca/forms/5000/yg5255 e.pdf

Things You Will Want to Include in Your Agreement

Your Name Address Telephone number Email address

The Names and contact information of the people who will be supporting you with your agreement.

<u>A Place</u> for the supporter to voluntarily agree to help you make decisions in the areas of life you choose.

<u>A Place</u> where you identify the "Life Areas "that you will need help with in order to be healthy and safe.

<u>A Place</u> to talk about how the agreement can be changed.

<u>A Place</u> for you and supporters to sign and date the agreement.



We all have different preferences, values and needs.

We all have different abilities and challenges.

NO "ONE AGREEMENT" FITS ALL

SARAH'S SUPPORTED DECISION MAKING AGREEMENT



MEET SARAH



THIS IS JOHN SARAH'S BROTHER









SARAH'S BOSS



SARAH'S SWIMMING FRIENDS

THIS IS SARAH'S MOM, ROSE

THIS IS SARAH'S BOYFRIEND, JACK

> THESE ARE HER FRIENDS



SARAH'S VR COUNSELOR MR. TAYLOR

STEP 1

Sarah started talking with her family, friends and school teachers about the areas of her life that she would like to improve. She made them aware that she wants to make her own decisions but needed support to make some of these decisions about her life,

Sarah's Road Map

STEP 2

Sarah look at her "life areas" and started to think about the ways her support team could assist her.

Sarah believes that she will need help with decision making at school, learning more about her money and benefits and her different options for loosing weight.

STEP 3

Sarah chose her mother Rose and her brother John, her Vocational Rehabilitation Counselor Mr. Jones, her boyfriend Jack and her friends Molly and Sue to be a part of her Supported Decision Making team.

STEP 4

Sarah met with her supporters and created an agreement. Her supported team helped her design the agreement.

Sarah's Supported Decision Making Agreement

A Supported Decision Making Agreement is a way to plan my life and achieve my goals by working with a team of trusted supports in order <u>to make my own decisions</u>.

who I trust to help me make fo	ly SUPPORTERS do not have my permission to make cho or me. I will make my own choices, with their support. I a erson who has the final say.	
My Name Sarah Thomas Date of Birth Address 12 Cherry Lane (City) Yuma Telephone: Home 801-000-0000 Emergency Contact Name: Rose Thomas	01/05/1999 (State) AL (Zip) 00022 Phone Number: 801-001-0003	
I have decided that I will need assistance	e with decision making in the following "Life Areas"	
Being Safe and Staying Safe	Daily Living	
X Education and Training	X Money and Financial	
X Physical Health	Dating & Partners	
Mental Health	□ Transportation	
Home, Work and Friends	Free time/Social	
\Box Caring for a child	🗆 Pet care	
Other Areas		

Why I feel I will need support with making decisions:

I need help talking to doctor. Not sure what to do with my Aunt Sally's money and confused about my current benefits. Also need help talking with my IEP team about transition goals.

(Examples: need support with my IEP/Person Center Plan, need help organizing my thoughts, need help understanding my options, need help with getting people to understand what I want, need help with managing my health, need things explained in plain language.)

Meeting with My Support Team

My support people are very important to me and I want to be respectful of their time. I know that I can call them to ask questions about my goals in this agreement at any time, but I would like to talk with my whole Supported Decision Making team:

Check one:

- **X** Every week
- \Box One time a month
- \Box Two times a month
- □ Every Six Months □One time a year
- □ Before an important meeting (IEP/Doctor/Dentist)
- $\hfill\square$ I do not want my support team to meet on a regular basis.

Next Meeting Date: 3/17/17

My Supported Decision Making Team Contact Information

Name: Rose Thomas, Mom Contact #: (Cell/Home) 000-0001 Email: None

Name: Mr. Jones, VR Counselor Contact #:(Cell/Home) 004-0002 Email: mr.jones003@yahoo.com

Name: Sue Bird, Friend Contact #: (Cell/Home) 801-001-0007 Email: <u>suebirdOO@gmail.com</u>

Name: Jane Hunter, Friend Contact #: (Cell/Home) 000-0008 Email: janehunt@utah.gov

Name: John, Brother Contact #: (Cell/Home) 801-000-0009 Email: john.thomasO@aol.gov

Name: Jack Spratt, Boyfriend Contact #: (Cell/Home) 000-0010 Email: None

My Life Area: Education

I choose the following people to support me: My Mom Rose, Mr. Jones, Sue, My friend

I Need Assistance with making the following decisions:

- 1. Come with me to my IEP Meeting
- 2. Help me figure out the classes I should take
- 3. Want to learn how to work with animals

My Supporter(s) will help me by:

- 1. Coming to my IEP
- 2. Explaining my options and choices for classes
- 3. Talking with everyone about me getting a job with animals

I agree to do my part by helping with:

- 1. Let my SDM team know when my IEP is Date/Time
- 2. Get a COPY of my old IEP
- 3. Give my old IEP to my SDM Team

My Life Area: Physical Health

I choose the following people to support me: My Mom-Rose, Jane-my friend, Jack-my boyfriend

I Need Assistance with making the following decisions:

- 1. I need help losing weight
- 2. Checking out weight loss programs
- 3. Talking with my doctor about my desire to lose weight

My Supporter(s) will help me by:

- 1. Going to the doctor with me.
- 2. Explaining the different weight loss options.
- 3. Encourage me and help me make good food choices.

I agree to do my part by helping with:

- 1. Making an effort to lose weight.
- 2. Call doctor to make an appointment

Authorization/Permission Forms (If Needed): I am willing to sign or give permission for my supporters to help me make decisions in this life area: Yes <u>X</u> No
Form Name: HIPPA Release Form
I Will Need Support with:
My supporter will explain in simple language how this form will help me: Yes <u>X</u> No Supporter Name <u>Jane</u>
My supporter will help me get the form: Yes <u>X</u> No Supporter Name <u>Jane</u>
My supporter will help me complete the form: Yes <u>X</u> No Supporter Name <u>Rose</u>
My supporter will help me get the form to the people who will honor my wish: Yes <u>X</u> No Supporter Name <u>Rose</u>
Form Name:
I Will Need Support with:
My supporter will explain in simple language how this form will help me: YesNo Supporter Name
My supporter will help me get the form: Yes No Supporter Name
My supporter will help me complete the form: Yes <u>No</u>
My supporter will help me get the form to the people who will honor my wish: Yes No Supporter Name

My Life Area: Money

I choose the following people to support me: My Mom-Rose, John-my brother, Mr. Jones

I Need Assistance with making the following decisions:

- 1. What should I do with my Aunt Sally's money
- 2. Understand about my benefits SSI and Medicaid
- 3. Can I buy a bike?

My Supporter(s) will help me by:

- 1. Find out about my benefits/call a benefits specialist
- 2. Look at different ways to set up a joint bank account with my mom
- 3. Find out about an "ABLE" account

I agree to do my part by helping with:

1. Finding out the cost of a bike that I would like

More Notes: John is going to help me contact a Benefit Specialist and talk to Social Security, Mom will help me talk with my local bank and help me find out more about trusts or Power of Attorney

Authorization/Permission Forms (If Needed): I am willing to sign or give permission for my supporters to help me make decisions in this life area: YesNo
Form Name:
I Will Need Support with:
My supporter will explain in simple language how this form will help me: YesNo Supporter Name
My supporter will help me get the form: YesNo Supporter Name
My supporter will help me complete the form: YesNo Supporter Name
My supporter will help me get the form to the people who will honor my wish: YesNo Supporter Name
Form Name:
I Will Need Support with:
My supporter will explain in simple language how this form will help me: YesNo Supporter Name
My supporter will help me get the form: YesNo Supporter Name
My supporter will help me complete the form: YesNo Supporter Name
My supporter will help me get the form to the people who will honor my wish: YesNo Supporter Name

Supporter(s) Agreement

By signing below, I, as <u>Sarah's</u> supporter, agree to voluntarily act on her behalf to achieve the goals outlined in this agreement. My job will be to provide information and options in a way that she will understand her choices, discuss the pros and cons of a decision and help her express her decision. I understand that I am a supporter and will not make any decisions but will provide guidance and knowledge. I agree to support this person's decisions to the best of my ability, honestly, and in good faith.

<u>Rose Thomas</u>	<u>3/12/17</u>	<u>Jack</u>	<u>3/10/17</u>
Supporter	Date	Supporter	Date
<i>Jane Hunter</i>	<u>3/12/17</u>	<u>Sue Bird</u>	<u>3/10/17</u>
Supporter	Date	Supporter	Date
<u>Michael Jones</u>	<u>3/12/17</u>	Supporter	
Supporter	Date		Date

Self Advocate's Agreement

By signing below, I agree to try new ideas and explore different possibilities, to look at my own strengths and challenges, to work with my team of supporters when making decision and to accept the responsibilities and consequences of my decisions.

I understand that I am responsible for this agreement. I will get assistance, in needed, to keep my agreement moving in the right directions. (planning, follow through)

I understand that I can change this agreement at any time by contacting my supporter(s), crossing out the part that I disagree with on this agreement, putting my initials next to the part I crossed off and sending a copy of the new agreement to my supporters(s).

Sarah Jhomas

Self Advocate

<u>3/10/17</u> Date

Adapted from the Yukon Health and Human Services, SDM Agreement and the Texas Council for the Developmental Disabilitie

Legal Forms and How They Might Be Helpful

It is not uncommon for us to rely on our family, friends and professionals to help us make good decisions. Some of those decisions may involve your day to day life or helping you get a job or a place to live but some might be more difficult that involve protecting your money, your property and your health.

What if you were <u>not</u> able to make good decisions anymore because you got hurt or sick or maybe just grew older?

Who would you want to help you make those decisions?

When thinking about how legal forms might be helpful in your life, it is very important that you seek assistance from one of your supporters or your Supported Decision Making team. These are difficult decisions for ALL people and it is always in your BEST interest to *seek professional assistance (attorney/lawyer, tax account/money manager/medical professional) that can provide guidance and advice.*

Below are some legal protections that might be helpful depending on your life situation.





IS SUPPORTED DECISION MAKING RIGHT FOR ME?

Take the Quick Quiz Below

Instructions: Read the questions below and put a mark in the box that best fits you

ASK YOURSELF:	YES! YEP! YOU BET!	NO! NOPE! NEVER!
Do you believe that you can make good choices for yourself but may need some guidance and assistance from others?		
Are you interested in exploring new possibilities?		
Are you willing to look at your own strengths and challenges to decide on the supports that you will need in order to be		
Are you willing to work with a team of supporters to achieve your goals?		
Are you willing to take personal responsibility and accept the consequences for the choices that you make?		
Are you interested in taking the time and effort to create a written agreement to help you and your support team achieve your goals?		
(Count all of the Yes's and No's) TOTAL		

How Did You SCORE?



If you answered YES to all of the questions, you are confident, willing to take on responsibilities and ready for success.

If you only answered yes to some of the questions you might be a little nervous about making decisions. Continue to talk with your friends and family about the skills needed to make good decisions.



Supported Decision Making RESOURCES

WE ENCOURAGE you and your supporters to find more information about Supported Decision Making and alternatives to guardianship by visiting these resources or seeking information from your local disability community.

National Resources

National Resource Center for Supported Decision-Making

www.supporteddecisionmaking.org/states

Autistic Self-Advocacy Network: The Right to Make Choices International Laws and Decision Making by People with Disabilities <u>http://autisticadvocacy.org/wp-content/uploads/2016/02/Easy-Read-OSF-For-Families-v3.pdf</u>

Supported Decision-Making Teams: Setting the Wheels in Motion http://www.supporteddecisionmaking.org/sites/default/files/Supported-Decision-Making-Teams-Settingthe-Wheels-in-Motion.pdf

Minnesota Guide to Supported Decision-Making https://www.youtube.com/playlist?list=PLKdIRbjdmxgeDSVBZhEFyrzIIi9zjO3Mc

Working Interdisciplinary Network of Guardianship Stakeholders (WINGS) https://www.utcourts.gov/utc/wings/links/

The ARC, Center for Future Planning

Supported Decision-Making What Is It and What Do You Need to Know https://futureplanning.thearc.org/

Videos

Gabby's Story https://www.youtube.com/watch?v=duyJJkZ2mIQ

Supported Decision-Making in Action: Timberley and Tonya's Story https://www.youtube.com/watch?v=DwnJ1nRR0Hs

Supported Decision-Making: Your Support, My Decision https://www.youtube.com/watch?v=dGJe5KyflxM

Supported Decision-Making (Canada) https://www.youtube.com/watch?v=ZY69 BW8Y o

Supported Decision-Making (Minnesota) https://www.youtube.com/watch?v=i0jd-J9Lozs

Supported Decision-Making: A Call to Action – Jonathan Martinis presentation at APSE https://www.youtube.com/watch?v=vqF3NiTeWg

Jenny Hatch's Story of Supported Decision-Making https://www.youtube.com/watch?v=OiAwj-ywpl4



Idaho Resources

Disability Rights Idaho <u>https://disabilityrightsidaho.org/</u>

Idaho Legal Aid Services https://www.idaholegalaid.org/

Idaho Parents Unlimited, Inc. <u>https://www.ipulidaho.org/</u>

Idaho Department of Health and Welfare - My Choice Matters http://www.mychoicematters.idaho.gov/

Crisis Prevention and Court Services

https://healthandwelfare.idaho.gov/Medical/DevelopmentalDisabilities/CrisisPreventionandCourtServices(CP CS)/tabid/3923/Default.aspx

Idaho Council on Developmental Disabilities <u>https://icdd.idaho.gov/</u>

Idaho Commission on Aging https://aging.idaho.gov/

Idaho Supreme Court – Guardianships & Conservatorships https://isc.idaho.gov/guardianship/guardianship-conservatorship

Idaho Volunteer Lawyers Program (IVLP) https://isb.idaho.gov/ilf/ivlp/seeking-legal-assistance/

Idaho Independent Living Centers

Living Independent Network Corporation (LINC) - Locations: Boise, Twin Falls, Caldwell <u>https://lincidaho.org/</u>

Living Independently for Everyone, Inc. (LIFE) - Locations: Pocatello, Idaho Falls, Blackfoot, Burley http://www.idlife.org/

Disability Action Center NW - Locations: Moscow, Lewiston, Post Falls http://dacnw.org/

Idaho Forms

Living Will and Durable Power of Attorney for Health Care and Financial Affairs https://www.idaholegalaid.org/node/2225/powers-attorney-and-advanced-directives-self-help-forms

HIPPA Authorization Form http://www.healthcare-information-guide.com/support-files/hipaa-release-form.pdf

Social Security Representative Payee Form https://secure.ssa.gov/poms/images/poms02/02005/G-GN_00502.115B-1.gif

Idaho Declaration for Mental Health Treatment https://www.nrc-pad.org/images/stories/PDFs/idahopadform.pdf

Idaho Physician Orders for Scope of Treatment (POST)

https://healthandwelfare.idaho.gov/Medical/EmergencyMedicalServicesHome/PhysicianCommission/ PhysicianOrdersforScopeofTreatment(POST)/tabid/807/Default.aspx



Sample SDM Agreements and Guide References

Texas Council on Developmental Disabilities

http://www.tcdd.texas.gov/wp-content/uploads/2015/08/Supported-Decision-Making-Agreement-Oct15.pdf

Maine SDM Coalition – Designation of Supported Decision Making Team http://www.supportmydecision.org/assets/tools/Supported-Decision-Making-Designation-Form-3.13.15.pdf

Educational Supported Decision-Making Form – DC Public Schools

https://dcps.dc.gov/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20 Making%20Form.pdf

American Civil Liberties Union – How to Make a Supported Decision-Making Agreement http://www.supportmydecision.org/assets/tools/ACLU-how-to-make-a-SDM-Agreement.pdf

Yukon Health and Human Services – Supported Decision-Making Agreement www.gov.yk.ca/forms/forms/5000/yg5255 e.pdf

National Resource Center for Supported Decision-Making www.supporteddecisionmaking.org/states

Disability Rights Texas – Supported Decision-Making Resources https://www.disabilityrightstx.org/category/supported-decision-making/

PACER's National Parent Center on Transition and Employment Supporting Self-Determination

http://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp

National Council on Disability Beyond Guardianship: Toward Alternatives that Promote Greater Self-Determination <u>https://www.ncd.gov/sites/default/files/NCD_Guardianship_Report_Accessible.pdf</u>







For more information about Supported Decision-Making in Idaho go to mychoicematters.idaho.gov



Idaho Council on Developmental Disabilities <u>www.icdd.idaho.gov</u> 208-334-2178 or 1-800-544-2433 Or contact:



DisAbility Rights Idaho https://disabilityrightsidaho.org 866-262-3462

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