




Your Voice, Your Choice:
An Overview of Supported
Decision-Making for
Students and their Families



Presented by Sara D. Thompson,
Supported Decision-Making Community Resource Consultant Lead



- 
- Decision-Making Definitions
 - Supported Decision-Making
 - *Why is it important?*
 - *What does it mean to be a Supporter?*
 - Supported Decision-Making Agreements
 - *Benefits and Risks*
 - *Virginia's SDMA documents*
 - Frequently Asked Questions



Have you ever made a decision that didn't turn out well?



Terminology explained in plain language?

Research online to better understand your options?

Make a pro/con list?

Reminders for important appointments/dates?

Supported Decision-Making

Advice from a friend or family member?

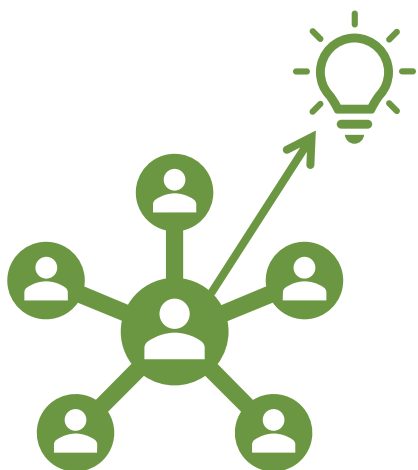
Time to think through complex choices?



Supported Decision-Making:

a “decision-making model in which an individual makes decisions with the support of trusted individuals”

(American Bar Association)



vs.

Substitute Decision-Making:

a decision-making model in which a person (or multiple people) is appointed to make “decisions on behalf of an individual who is incapable of making those decisions for himself”

(*Guide to Consent and Substitute Decision Making*, VACSB)



Decision Maker- The person making decisions for themselves with the help of trusted people.

Supporter(s)- The person or people the Decision Maker trusts and asks for help with making decisions, communicating decisions, etc.

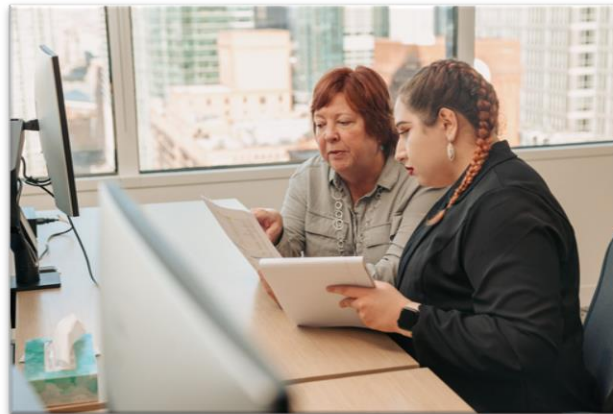
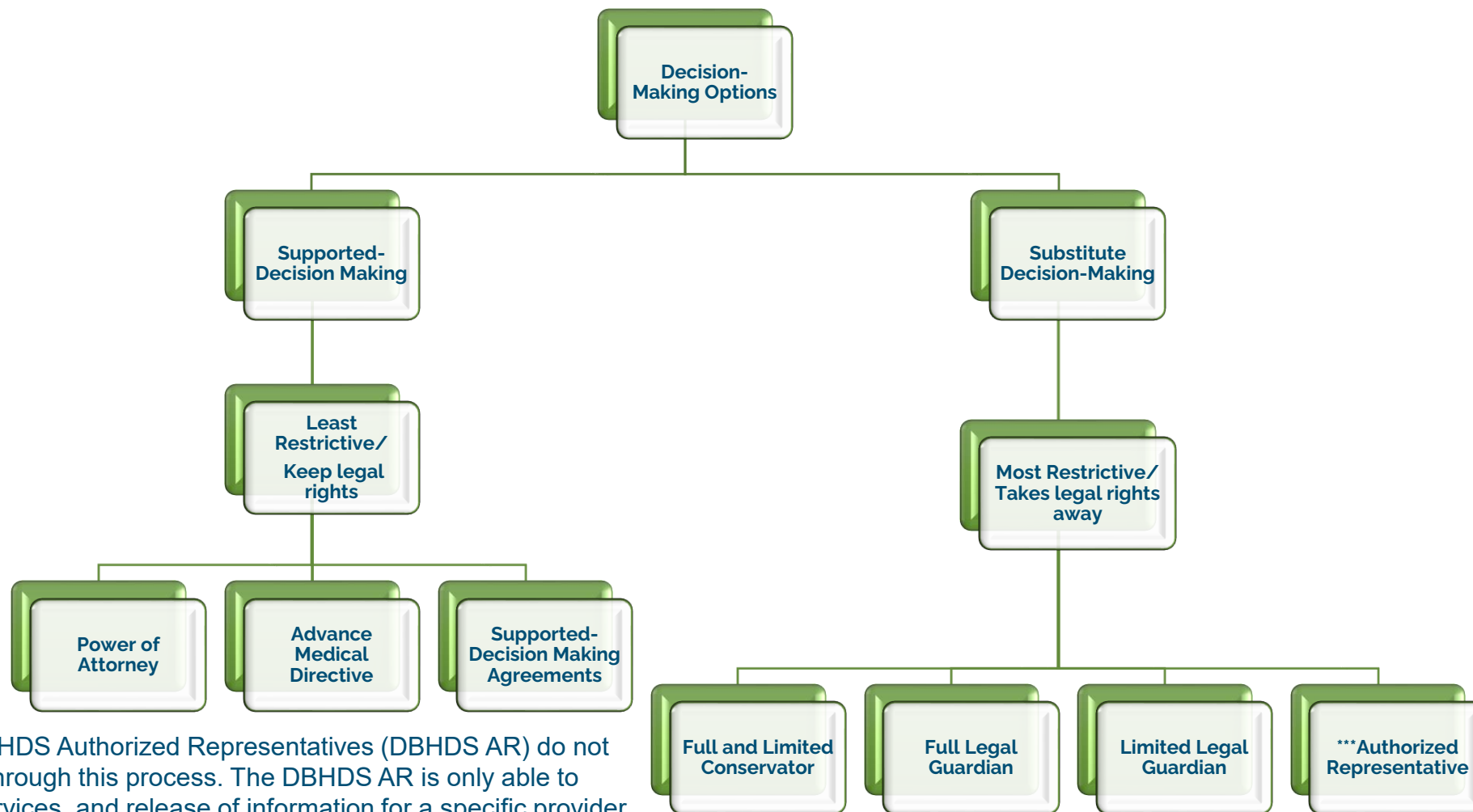
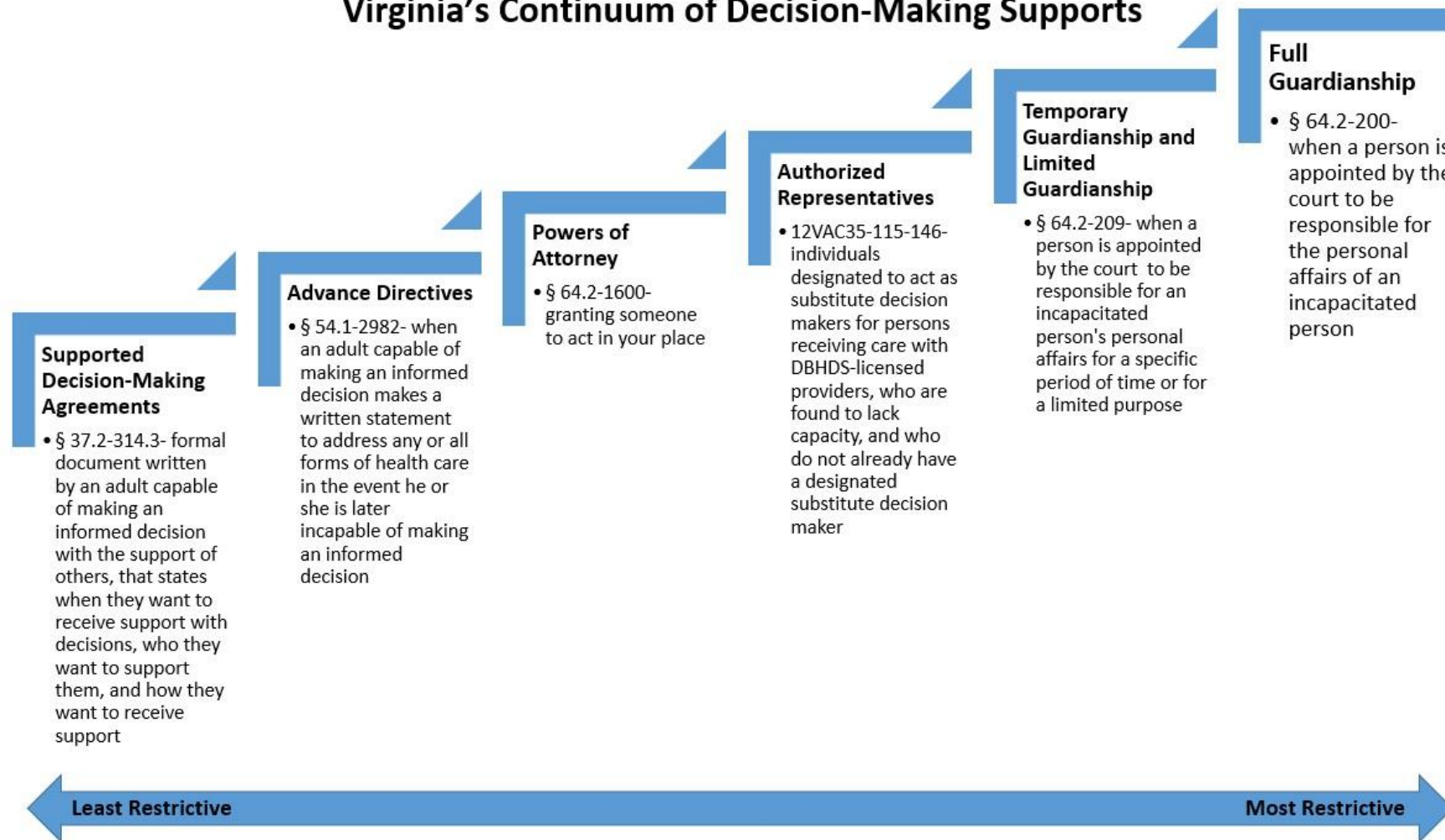


Photo credit: Disability:IN



***Individuals with DBHDS Authorized Representatives (DBHDS AR) do not lose any legal rights through this process. The DBHDS AR is only able to provide consent to services, and release of information for a specific provider.

Virginia's Continuum of Decision-Making Supports





11/11/2025

Northstar- Family Education Night

Video by Able South Carolina

Supported Decision- Making → Self Determination

- Power and Control
- Improve health (mental/physical) and relationships
- Better employment outcomes
- Responsibility and Independence
- Be able to make bigger/riskier decisions
- Advocate for themselves
- Everyone can use it!





Getting help when making decisions is NORMAL!

We all use supports at some time.

- Varies with age, time, and experience

We all have our own preferences for how we get help.

- Will look different for each person
- Can vary based on the decision that needs to be made
- Can vary based on your own:
 - Preferences and wishes, values, abilities, priorities
 - Life experiences, resources, current circumstances



Informal

- Talking to people you trust to better understand your options before you make a decision
- Asking someone to help you with communicating your choice to others
- Researching online or using others forms of technology to get information you need to make a decision



Formal

- Formally writing down what decisions/tasks you want support with, who is going to support you, and how they will support you
 - Supported Decision-Making Agreement
 - Advance Directive
 - Power of Attorney

- or -



**You can
have all
3 of
these!**

Cultivating a culture of safety to make choices:

- Teach/ model/ encourage decision-making steps
 - Use visuals (decision tree, pros/ cons list)
 - Talk about options, implications, etc.
- Allow mistakes and validate feelings
- Give opportunities to practice
- Know your loved one's interests



Photo Credit: [Disabled and Here](#)



Supporters should:

1. Learn and understand how the person best takes in information (understands, learns)
2. Learn and understand how the person communicates
3. Be clear about what you know and do not know
4. Ensure the person has the information needed to make an informed decision



Natural Supporters

- Family members- immediate and extended
- Friends
- People from religious organizations
- People from community/ activity groups
- Neighbors
- Coworkers
- *Distance doesn't matter, as long as the person is responsive when reached out to



Paid Supporters

- School- teachers, transition coordinators, job coaches, etc.
- Doctors and Specialists- primary care physician, psychiatrist, nutritionist, neurologist, endocrinologist, dentist, etc.
- Therapists- mental health, occupational therapy, physical therapy, speech therapy, etc.
- Lawyers
- Financial planners, Fiduciaries, Representative Payees
- Case managers, care managers, care coordinators
- Providers- Waiver/ Long Term Care providers
- Disability Advocacy Organization staff/members
- Others- hairdresser, transportation providers, people you see at stores/ places you go on a regular basis (coffee shops, grocery stores, etc.)

4 Principles for Supported Decision-Making in Virginia

1. Presumed capacity
2. Least restrictive option, and maximize a person's autonomy and independence
3. Always take into consideration a person's expressed personal preferences
4. Dignity of Risk

SELF DETERMINATION



Dignity of Risk isn't about risk, it's about the right to make choices!

- Life includes risks for everyone
- Making Choices = Risk
- Experiences & Failure = Growth & Development



Supported Decision-Making Agreement - The formal process of documenting who an individual wants to support them, in what areas of life, and how they want to be supported.

Comprised of:

- Decision Maker (You!)
- Supporter(s)
- Facilitator (optional)



Decision Maker- the person making the Supported Decision-Making Agreement

Must be: at least 18 years old, have an intellectual or developmental disability, and be able to legally make your own decisions

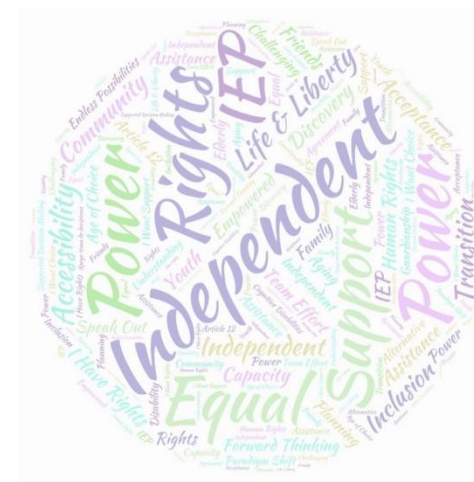
Supporter(s)- the person/people the Decision Maker asks to support them in their SDMA, Supporters agree to help

Facilitator (optional)- the person the Decision Maker asks to make sure Supporters to what they agree to, can be a Supporter or can be someone else



Benefits

- People keep their rights & make all final decisions
- Increased independence and self-determination
- Opportunity to develop skills in order to live more independently
- Avoiding long and expensive legal processes
- Reduce options that are more restrictive/limiting
- Can be created, changed, or cancelled at any time



Risks

- Nothing is free of risk/danger
- Abuse and exploitation
- Barriers- society, laws, regulations, resources etc.
- Failure is an opportunity to learn

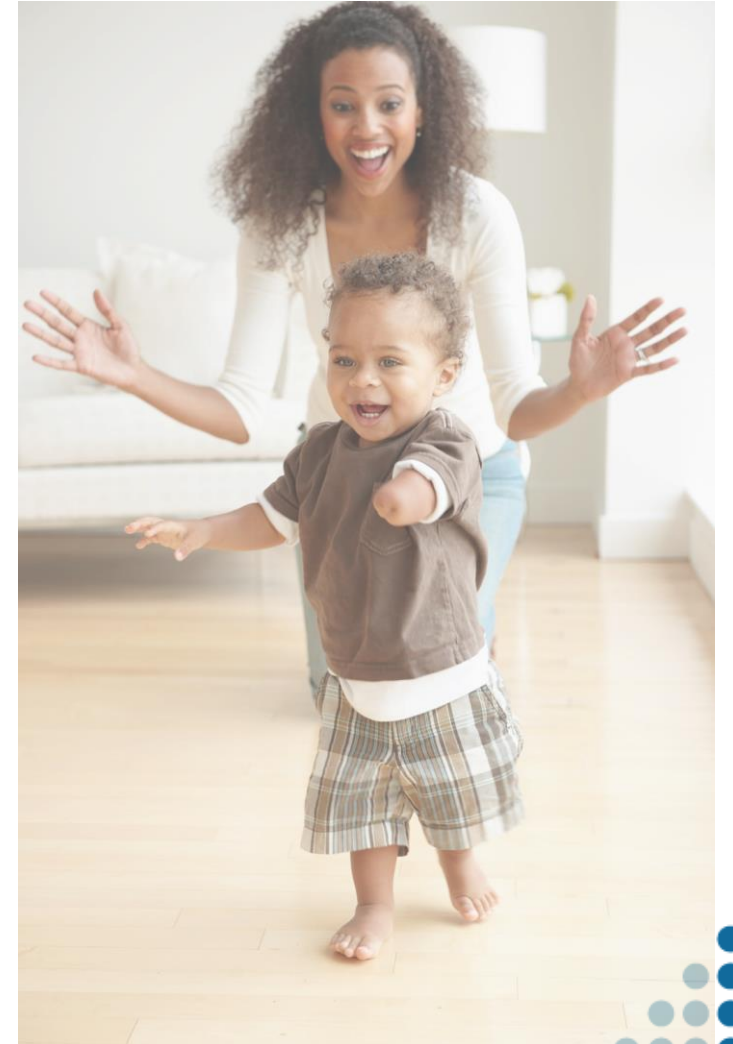


“When we give them permission to fail, we give them permission to be **brave.**”

– Karen Young, psychologist

And the opportunity to:

- *Learn & grow*
- *Build self-confidence*
- *Build self- esteem*
- *Develop independence*



Protocol for Addressing Abuse and Exploitation: Supporters agree to not use their position to abuse, exploit, manipulate, neglect, or provide undue influence on you. Should you have concerns, discuss these with someone you trust (another Supporter, your Supported Decision-Making Facilitator, your service providers, or another trusted adult) and contact Adult Protective Services, if needed. If abuse, exploitation, or neglect is evident, contact Adult Protective Services and emergency services (911), as appropriate. The Virginia Adult Protective Services hotline is 888-832-3858 or find the number to your local Adult Protective Services at <https://www.dss.virginia.gov/localagency/index.cgi>.

Training Resources:

DBHDS training on recognizing and responding to abuse and exploitation can be found here-

Video- https://www.youtube.com/watch?v=UPL_iNrbZSM

Slides- <https://dbhds.virginia.gov/assets/sdma/SDMA%20The%20Details%20for%20General%20Public.pdf>

DARS Mandated Reporter training- <https://www.dars.virginia.gov/aps/AdultProtServ.htm>

VCU's Project Lotus- <https://projectlotus.partnership.vcu.edu/>

Virginia Supported Decision-Making Agreement template



3 Discovery Tools

- When Do I Want Support?
- What Kind of Support Do I Want?
- Relationship Map/
Selecting Your Supporters

Many other forms to help!

When Do I Want Support?



Can I do this on my own?



Can I do this with help?






Do I need someone to do it for me?

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool




When do I want support? Everyone needs support with making some decisions, not just people with disabilities. Some people ask for help from a doctor when they are sick or before taking medicine. Some people ask a mechanic before buying a new car, or ask a friend before moving into a new apartment. When you get help from others with making decisions this is called Supported Decision-Making.

You can use this form to help you fill out the *Commonwealth of Virginia's Supported Decision-Making Agreement*. Place a check (✓) in box next to each sentence to say if you can do this on your own, if you can do it with support, or if you need someone else to do the task for you. You do not have to place a check in each area.




If you check "I can do this with support" think about who you might ask to support you, as well as what kind of support you want or need. You can also use the attached [Relationship Map](#) and/or [What Kind of Support Do I Want?](#) tools to help answer these questions.

	I can do this <u>on my own</u> .	I can do this <u>with support</u> .	I need <u>someone else</u> to do this for me.
			
Health and Personal Care			
Get my health care information.			
Choose when to go to the doctor.			
Make and keep my doctor and dentist appointments.			
Understand and make medical choices in serious situations (for example, surgery, big injuries, mental or behavioral health crisis).			
Understand and make medical choices in an emergency.			

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

	I can do this <u>on my own</u> .	I can do this <u>with support</u> .	I need <u>someone else</u> to do this for me.
			
Health and Personal Care- continued			
Understand and make medical choices in everyday situations (for example, check-up, getting medicine from the drug store).			
Understand my medications, help remind me about my medications, and assist me in getting and taking my medications.			
Understand personal hygiene, help remind me about my personal hygiene, and help me with my personal hygiene.			
Choose what to wear and help me get dressed, if needed.			
Decide where, when, and what to eat.			
Make choices about drinking alcohol and using drugs.			
Tell people what I want and what I don't want regarding my health and personal care.			
Tell people how I make choices about my health and personal care.			
Make sure people understand what I am saying about my health and personal care.			

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

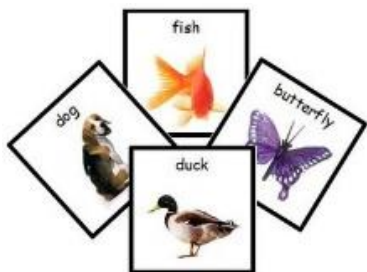
	I can do this <u>on my own</u> .	I can do this <u>with support</u> .	I need <u>someone else</u> to do this for me.
			
Friends and Partners			
Understand and choose if I want to date and who I want to date.			
Understand and make choices about birth control and pregnancy, and access medical care, if needed.			
Make choices about sex.			
Make choices about marriage.			
Choose who to spend time with.			
Tell people what I want and what I don't want regarding my friends and partners.			
Tell people how I make choices about my friends and partners.			
Make sure people understand what I am saying about my choices and decisions regarding my friends and partners.			

What Kind of Support Do I Want?

What do you like people to help you with?



What does this help look like?







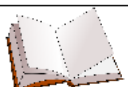


What is NOT helpful to you?



Commonwealth of Virginia:
Supported Decision-Making Discovery Tool


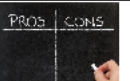







What kind of support do I want? Support (help) can look different for everyone and can be different for each choice or activity.

You can use this form to help you think about the different ways people can help and how you might want your Supporters to help you. Place a check (✓) in the box next to each type of help you think you might want or need.

Types of Support	
Have help filling out/writing on forms, such as my Supported Decision-Making Agreement.	
Have information written and/or spoken in simple words (plain-language).	
Have information provided in pictures.	
Talk to your Supporters to know what your choices are.	
Research to learn more about your choices on your own or with help from your Supporters.	
Talk to experts (people who know a lot about your choices) about your options and choices.	
Talk to your Supporters to get advice.	

This document was adapted from *How to Make a Supported Decision-Making Agreement, A Guide for People with Disabilities and their Families*, developed by the American Civil Liberties Union (ACLU).

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Types of Support	
Take extra time to think about your choices.	
Get help making a pros and cons list (a list of good and bad sides of each choice).	
Have Supporters remind you about your values (what is most important to you) and how these might impact your choices.	
Help trying out different choices to see how you feel and which choice you like.	
Have help from your Supporters with communicating your choice to others.	
Use technology (a phone or computer) to help communicate your choice to others.	
Receive reminders about important dates and times.	
Have a Supporter come to meetings and appointments with you.	
Take classes (on-line or in person) to help learn more about choices.	

This document was adapted from *How to Make a Supported Decision-Making Agreement, A Guide for People with Disabilities and their Families*, developed by the American Civil Liberties Union (ACLU).

Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Other Ways I Like to be Supported
Ways I Do Not Want to be Supported

This document was adapted from *How to Make a Supported Decision-Making Agreement, A Guide for People with Disabilities and their Families*, developed by the American Civil Liberties Union (ACLU).

Relationship Map

People who help you:

- Family
- Friends
- Home or Other Places
- School or Work

How close do you feel to them?

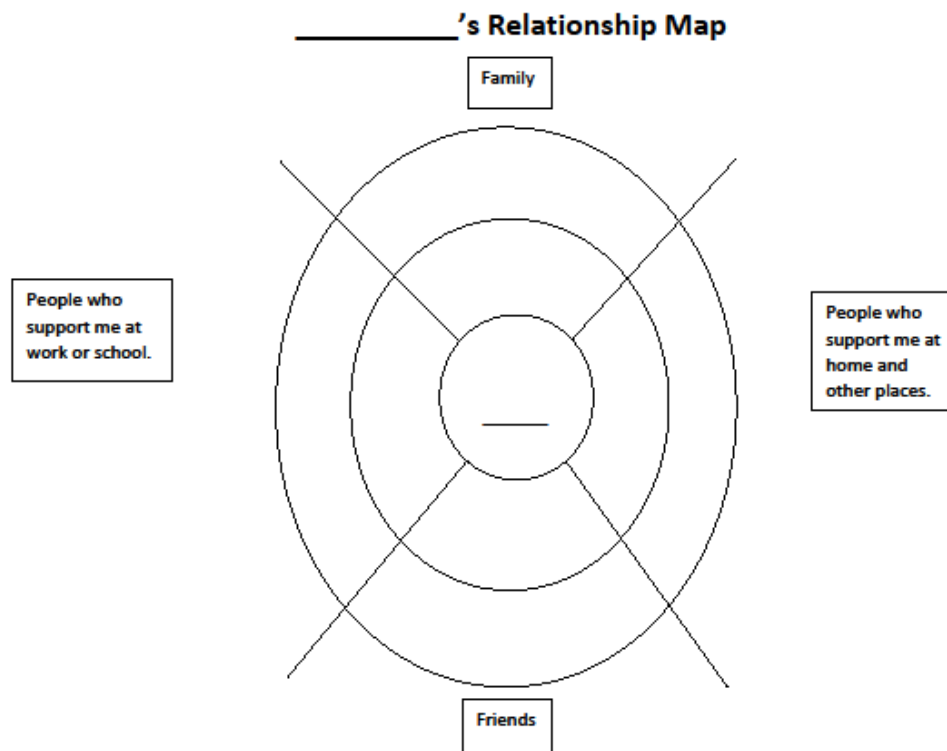


Commonwealth of Virginia:
Supported Decision-Making Discovery Tool

Who do I want to support me? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can choose to have many supporters. Some Supporters might help you in one area of life and others might help you in several areas. The decision is up to you.

When thinking about who you want as a Supporter, think about people that you trust and talk to them to see if they will agree to be your Supporter.

You can use this form to help you think about the different people who already help you in your life. Your name goes in the center circle. Write the names of the people who help you in the category that best fits them. People who you feel closest to will go in the circle closest to your name. People that you do not feel as close to or that you do not look to for help as often can go in the outer circle.



The *Relationship Map* is a Person Centered Thinking tool developed by The Learning Community for Person Centered Practiced.

Supported Decision-Making can be used in day-to-day scenarios and across all life areas:



Health & Personal Care



Friends & Partners



Money



Where I Live & Community Living



School & Education



Working



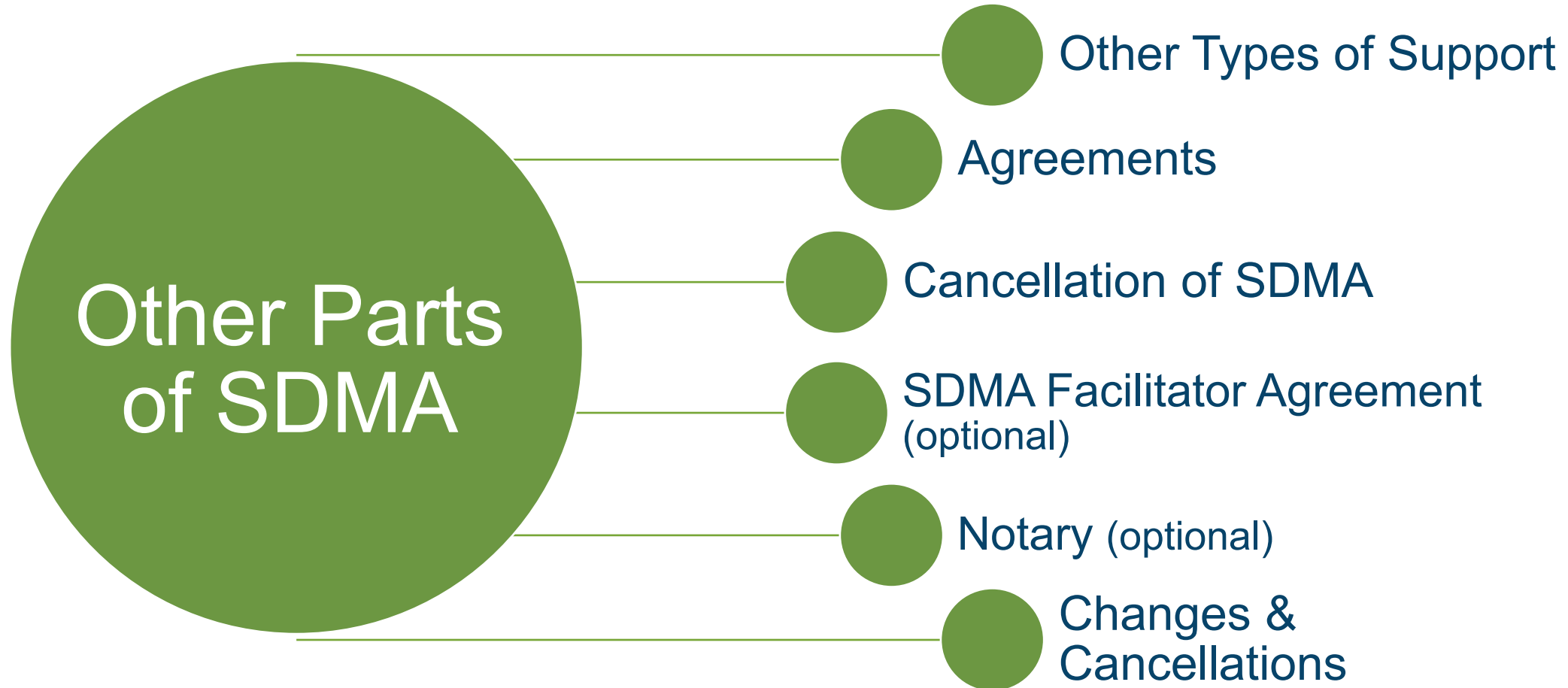
My Rights & Safety



Meeting & Talking with My Supporters



Other



Commonwealth of Virginia:
Supported Decision-Making Agreement

This agreement should be read out loud or otherwise communicated in a way that is accessible and understandable to all parties. The form of communication should be appropriate to the needs and preferences of the person with a disability. A *Supported Decision-Making Facilitator* may be assigned to oversee this agreement, but is not required. Additionally, a notary may sign the agreement, but it is not required.

I, Sara Thompson, am the creator of this Supported Decision-Making Agreement which is all about me, and that makes me the “*Decision Maker*”. I made this agreement with my choices and have selected people that I trust to be my “*Supporters*”.

The people I select as my *Supporters* are the people who have agreed to help me understand and make choices.

My *Supporters* **DO NOT** make decisions for me. They give me information, advice, and other support so that **I CAN make decisions for myself**.

This agreement can be changed at any time. I can change it by crossing out words and writing my initials next to the changes, or I can change it by writing new information onto the form and writing my initials next to what I add. I will keep track of anything I add by filling out and signing the “*Changes*” page attached to this agreement. I will also write the names of any *Supporters* that I no longer want to support me on the “*Cancellation*” page attached to this agreement and sign it.

If I decide that I no longer want to have a Supported Decision-Making Agreement, I can fill out the *Cancellation of Supported Decision-Making Agreement* section at the bottom of the “*Agreements*” page attached to this document.

Name of Decision Maker: Sara Thompson

Preferred Method of Contact (e.g. email address, phone number, how to contact you):
Texting on cellphone- ***_***_****

Initial Effective Date of Agreement: 08/01/2022

In addition to this Supported Decision-Making Agreement, I have the following forms of support:

☐ Durable Power of Attorney ☐ Documents Attached/ ☐ Documents NOT Attached

☒ Advance Medical Directive ☒ Documents Attached/ ☐ Documents NOT Attached

☐ Financial Fiduciary ☐ Documents Attached/ ☐ Documents NOT Attached

☐ HIPAA Release Form ☐ Documents Attached/ ☐ Documents NOT Attached

☐ Educational Release Form ☐ Documents Attached/ ☐ Documents NOT Attached

☐ Other: _____ ☐ Documents Attached/ ☐ Documents NOT Attached
(e.g. DBHDS Authorized Representative, Health Passport, Person Centered 1 Page Health Profile)

Supported Decision-Making Agreement for: Sara Thompson

Commonwealth of Virginia:
Supported Decision-Making Agreement

1. **Health and Personal Care**

I DO ☐ / DO NOT ☐ want help with health and personal care decisions. Here is a list of people I want to help me:

First and Last Name	Relationship	Home Address	Email	Phone Number

**To add a new row, place cursor in bottom right box and press Tab.*

These supporters may do these things:

Write **Y** for “yes” or **N** for “no” to say if your *Supporters* can or cannot help with each option.

☐ Get and look at my health care information, including seeing my private health information under the Health Insurance Portability and Accountability Act of 1996 (HIPAA). A release is signed and attached to this agreement.

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

☐ Help me choose when to go to the doctor.

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

☐ Help me make and keep my doctor and dentist appointments.

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

☐ Help me understand and make medical choices in serious situations (for example, surgery, big injuries, mental or behavioral health crisis).

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

☐ Help me understand and make medical choices in an emergency.

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

☐ Help me understand and make medical choices in everyday situations (for example, check-up, getting medicine from the drug store).

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

☐ Help me understand my medications, help remind me about my medications, and assist me in getting and taking my medications.

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

☐ Help me understand personal hygiene, help remind me about my personal hygiene, and help me with my personal hygiene.

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

☐ Help me choose what to wear and help me get dressed, if needed.

☐ All Supporters/ ☐ Only Supporters Listed Here: _____

Supported Decision-Making Agreement for: _____

Commonwealth of Virginia:
Supported Decision-Making Agreement

Agreements

By my signature below I, the *Decision Maker*, agree to consult and work with my *Supporters* in making decisions and in other matters that I need and to consider (think about) their guidance. This agreement starts when I sign it, and ends when I choose to end it. Any *Supporter* may leave the agreement by telling me in writing. If a *Supporter* leaves the agreement, the rest of the agreement continues.

By my signature below I, the *Supporter*, agree to be available as often as needed to give the *Decision Maker* my best advice and assistance. I agree to support the *Decision Maker* with honesty, good faith, and in their and only their stated best interest, in line with the *Decision Maker's* values, needs, and preferences in order to assist them with making decisions relating to their life. When requested by the *Decision Maker*, I agree to help them plan and arrange for supports and services that will help them live safely and successfully in the community without a legal guardian. As the *Supporter*, I acknowledge that I might know private information about the *Decision Maker* and will respect their confidentiality. I agree not to use my position to abuse, exploit, manipulate, slander or exercise undue influence on the *Decision Maker*. If I am also a paid provider, I will not provide support in areas that would appear as a conflict of interest.

None of the parties to this agreement are required to sign it, and any of us can resign from it with 10 days written notice to the others.

Signature of Decision Maker in This Agreement _____ Printed Name of Decision Maker in This Agreement _____

Date Signed: _____

I agree to be a *Supporter* under this agreement:

Signature of Supporter 1 _____ Printed Name of Supporter 1 _____

Date Signed: _____

Signature of Supporter 2 _____ Printed Name of Supporter 2 _____

Date Signed: _____

Signature of Supporter 3 _____ Printed Name of Supporter 3 _____

Date Signed: _____

This page can be printed again if space for more Supporter's signatures is needed.

Cancellation of Supported Decision-Making Agreement

I, _____, am the creator of this agreement, which is all about me, and that makes me the *Decision Maker*. As the *Decision Maker*, I no longer want this Support Decision-Making Agreement. This agreement will no longer be effective as of the date indicated below.

Signature of Decision Maker in This Agreement _____ Date of Revocation _____

Other Documents

[Instructions](#)

[Medical
Release of
Information](#)

[Educational
Release of
Information](#)

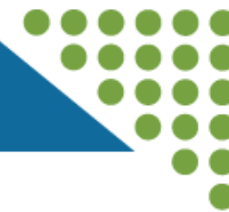
[SDMA
Tracking Tool](#)

[Frequently
Asked
Questions](#)

[Identifying
Possible
Supporters](#)

[Asking
Someone to be
Your Supporter](#)

** Click on the document name to open and save the document.*



Front

It's My Right!

Please talk to me about my choices. I am able to and have the right to make my own decisions. If I want help, I will ask for it and use supported decision making. This includes medical, financial, and legal decisions. The law says that people should follow the decisions I make.

My Signature

Back

For Service Providers: Acknowledging and following my decisions is the right thing to do. It honors my autonomy and follows Virginia's law about presumed competence.

Virginia Code § 54.1-2983.2.(A)

For more information about my rights and supported decision-making scan this QR code.



* Click [here](#) to download a copy of the card and letter.



The screenshot shows the DBHDS website with the following navigation path highlighted by red arrows:

- Address bar: dbhds.virginia.gov
- Menu: **For Individuals & Families**
- Sub-menu: **Developmental Services**
- Service: **Supported Decision Making**

The right sidebar shows the content of the 'Supported Decision-Making and Supported Decision-Making Agreements' page, including an introduction, contact information for Sara Thompson, and links to training videos and documents.

<https://dbhds.virginia.gov/supported-decision-making-supported-decision-making-agreements/>





Is supported decision-making
or
a supported decision-making
agreement right for me?



Supported Decision-Making

- ✓ Can take information in and get it out (understand and communicate in whatever way they communicate)
- ✓ Make decisions about their life on their own or with help from people they trust
- ✓ 18 years old or older **Can be used at younger ages to help teach the skill of decision-making*
- ✓ Can legally make decisions for yourself (have legal competence) **Can be used even in cases of substitute decision-making*

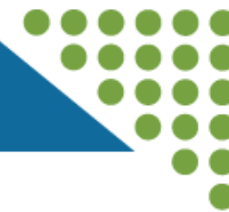
Supported Decision-Making Agreement

- ✓ Can take information in and get it out (understand and communicate in whatever way they communicate)
- ✓ Make decisions about their life on their own or with help from people they trust
- ✓ 18 years old or older
- ✓ Can legally make decisions for yourself (have legal competence)
- ✓ Has a diagnosis of a developmental disability (including intellectual disabilities)





How do I create a *Supported Decision-Making Agreement?*



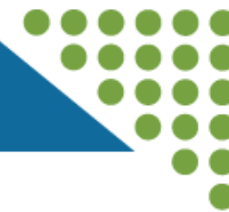
- With TIME!
 - Break up into sections, life areas, Discovery Tools
- Decision- Maker: Conversations and discovery with trusted people
 - Support Coordinator, Providers, Family Members, etc.
- Ensure Supporters and Facilitator agree



Photo Credit: Shopify Partners by Burst

Contact me!
Sara D. Thompson,
Sara.Thompson@dbhds.virginia.gov
804-869-0591





Do I have to use these
forms or the *Virginia
Supported Decision-Making
Agreement template?*



Core Elements:

1. Who the Decision Maker wants as their Supporter(s)
2. When the Decision Maker wants help
3. How the Decision Maker wants to receive help
4. Signatures and dates that the Decision Maker and all Supporters agreed to the terms of the agreement



Photo Credit: [Matthew Henry](#) from [Burst](#)



If I already use supported decision-making, why create a Supported Decision-Making Agreement?

Supported Decision- Making Agreements

- Tells other people →
 - Who you want to help you
 - What types of decisions you want help with
 - How you want to be helped
- Lets people know that you have support in order make an informed decision
- Recognizes your rights and autonomy





When should we begin talking about decision-making options?

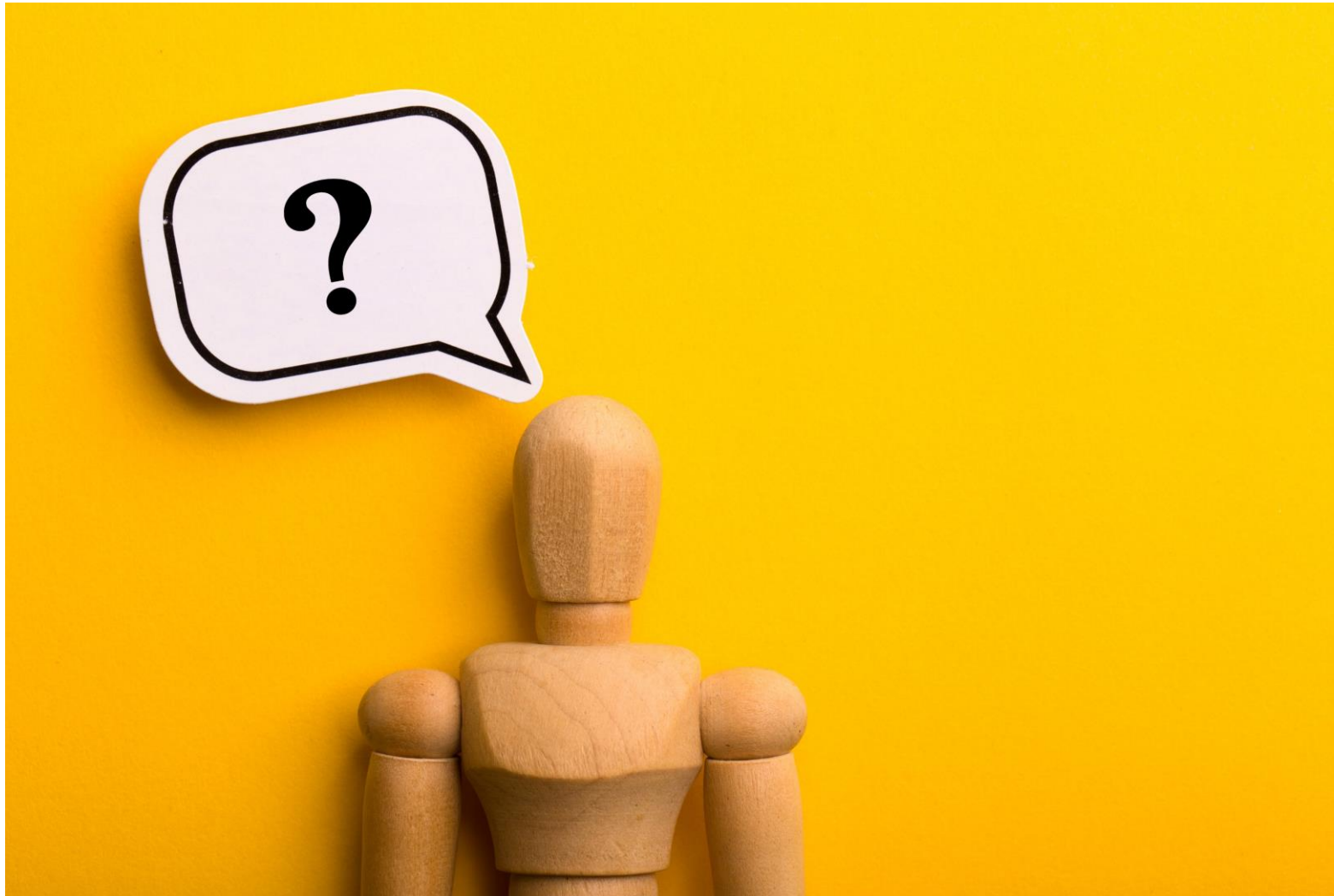
It is never too early!



Final Take Away...

**“May your choices
reflect your hopes,
not your fears.”**

– Nelson Mandela





Sara D. Thompson,

Supported Decision-Making Community Resource Consultant Lead

Phone: 804-869-0591

Email: Sara.Thompson@dbhds.virginia.gov

Advocacy Tools and Information

Decision-Makers/ Self Advocates

- [It's My Right! pocket card and letter](#)
- [Virginia Dept. of Health's Medical Self Advocacy information](#)
- [DBHDS My Care Passport](#)
- [VCU's Inclusion Project](#)
- [I'm Determined](#)
- [PEATC's Supported Decision-Making booklets](#)

Supporters

- [PEATC's Teaching Self Advocacy](#)
- [Building Self-Advocacy and Self-Care Management Skills](#)
- [Center for Parent Information & Resources](#)

Both

- [SDM as a reasonable modification under Section 504](#)
- [DBHDS Emergency Room Advocacy Card](#)
- [The Conversation Project \(Institute for Healthcare Improvement\)](#)
- [National Resource Center for Supported Decision-Making](#)
- [Center for Public Representation's SDM Project](#)
- [Center on Youth Voice Youth Choice](#)

Trainings

Decision-Makers/ Self Advocates

- VCU's Leadership for Empowerment and Abuse Prevent (LEAP) training

Supporters

- VCU's Fostering Healthy Relationships and Preventing Abuse training
- Person Centered Thinking training

Both

- CQL Supported Decision-Making Ask the Expert webinar
 - VCU's Communication and Health Advocacy Training (CHAT)
 - PEATC workshops
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Center for Parent Information and Resources- U.S. Department of Education website with a variety of resources for families.

<https://www.parentcenterhub.org/resourcelibrary/index/t/t1/t113/>

Charting the LifeCourse- A variety of tools to help with having conversations and visually mapping out resources and one's vision for the future.

<https://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/>

disAbility Law Center of Virginia- Information about decision-making options when someone turns 18.

<https://www.dlcva.org/supported-decision-making>

Let Me Do It- An app that helps people with developing steps and decision-making.

<https://letmedoit.org/>

PEATC- Information and classes about topics, such as my health, relationships, my IEP, becoming an adult, and more.

<https://peatc.org/services/transition-to-adulthood/>

VCU's Center for Family Involvement- Resources and family to family support.

<https://cfi.partnership.vcu.edu/>

“I’m Determined | Empowering Self-Determined Behavior.” *Imdetermined.org*, 2019, www.imdetermined.org/.

“Law Reform on Legal Capacity & Supported Decision-Making: Initiatives from Around the World”, Prepared for the Bulgarian Center for Not-for-Profit Law, By: Samantha Backman, student, McGill University Faculty of Law.
<https://sdmny.hunter.cuny.edu/download/samantha-backman-initiatives-from-around-the-world-2019/>

“Supported Decision Making.” *Wwww.americanbar.org*,
www.americanbar.org/groups/law_aging/resources/guardianship_law_practice/supported-decision-making/#:~:text=Supported%20decision%2Dmaking%20describes%20the. Accessed 2 May 2023.

University of Massachusetts Dartmouth. “Decision-Making Process.” *Umassd.edu*, 2021,
www.umassd.edu/fycm/decision-making/process/.