



Ways to get help with **MAKING DECISIONS**

We all need help with making decisions at some point.

The way we get help will be different for each person.
People that you trust can help you when you need to make a decision.

Ways you can get help with making decisions:

Supported Decision-Making

You can use people that you trust to help you understand your options so that you can make an informed decision. You can document who you want to help you, what decisions you want help with, and how you like to be helped in a *Supported Decision-Making Agreement*.

- You keep all of your rights.
- You make all decisions for yourself.

Power of Attorney

A document that lists a person, or multiple people, that you select and trust to make decisions when you cannot make decisions for yourself.

- You keep all of your rights.
- You make decisions for yourself, when you can. A person you select makes decisions for you when you can't.

Advance Medical Directive

A document that says what medical care you want if something happens and you can't tell the doctor what you want. You can select a person you trust to make these decisions for you.

- You keep all of your rights.
- You make decisions for yourself, when you can. A person you select makes decisions for you when you can't.

Conservator

A person that the court/judge assigns to make decisions about your money.

- You lose some of your rights.
- Another person makes decisions about your money, but you should tell them how you do and do not want to spend your money and what is important to you about spending your money.

Limited Guardian

A person that the court/judge assigns to make some decisions for you.

- You lose some of your rights.
- You can make some decisions for yourself.
- Another person makes some decisions for you, but you should tell them what you do and do not want.

Full Guardian

A person that the court/judge assigns to make all decisions for you.

- You lose all of your rights.
- Another person makes all decisions for you, but you should tell them what you do and do not want.



6 steps to making a decision using Supported Decision-Making

2 Who can help you?

Think about people that you trust and who know and support your goals. Who might know more information about the decision you need to make? This could be family members, friends, teachers, doctors, or other people. These people can be your Supporters.

3 Ask for Support

Talk to your Supporters and ask them for help. They can help you think about your options, make a pros and cons list, or other ways to help you make a decision.

4 Make Your Decision

Using the information you learned from your Supporters, decide what you are going to do.

5 Act on Your Decision

Do what you decided to do. If you need help doing this, ask your Supporters for help.

6 Review and Learn

Think about how your decision worked out. Are there things you would do differently next time? Are there things you would do the same? You can talk with your Supporters about this and use what you learned to help you make other decisions.

1 Identify the Decision

What is the decision that you need to make?

