

Please put your responses in the chat!



Would you rather...

Beach or mountains?

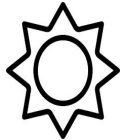


Coffee or tea?

Summer or fall?



Pizza or a bagel?



sdmny

Supported Decision-Making New York

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Supported Decision-Making New York

A Panel with Self-Advocate Decision-Makers

Presented by

Jenna Lamm, SDMNY

Nichole Hastings, Decision-Maker

Ketrina Hazell, Decision-Maker



Panelists



Nichole Hastings



Ketrina Hazell

Welcome!

- This session is for you to learn about Supported Decision-Making and hear from Decision-Makers about their experience
- We will leave time for questions at the end, you can ask questions in the chat during the session



What is **Supported Decision Making?**

Supported Decision-Making allows people with disabilities to make their own decisions with support from people they trust.

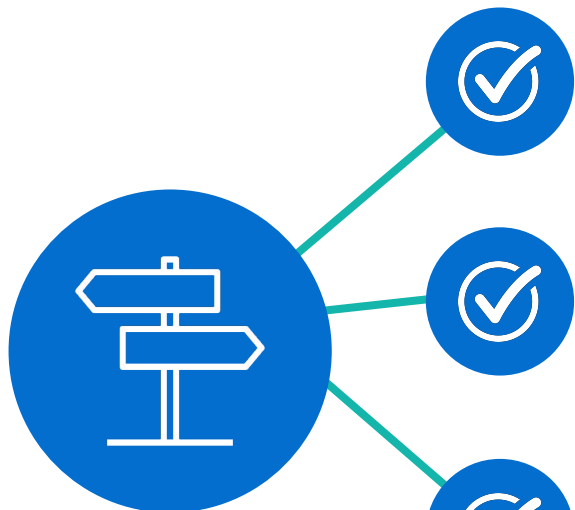


A Supported Decision- Making Agreement Includes:

- Decisions **you** want support for
- Supporters **you've** chosen to support you
- The ways in which **you** want to receive support



What happens when you participate in SDMNY?



You will learn decision-making skills you can use now and in the future

You will use supporters to help you make decisions in the ways you choose

You will have a Supported Decision-Making Agreement (SDMA) to use with doctors, banks, or anyone else that asks you for a legal document to use their services.



Decision

Making

Steps

Explained

Step 1: Gather Information

What do you need to know?

Step 2: Understand Information

Is anything confusing?

Step 3: Name the Options

How many possibilities can you think of?

Label them A, B, C (add more if you need to!)

Step 4: Understand Consequences

What happens next if you choose option A, B, or C?

Step 5: Decide

Make a choice!

Step 6: Communicate your Decision

Do you need to tell anyone what you decided?

Step 7: Do what you Decided!

What will it take to make it happen?

*Were any of these steps hard? If so, reach out for support!
We all get support making decisions!*

For more information

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Use the QR code to fill out "Contact Us" form— sign up for our newsletter, request more information, learn about upcoming events, or get materials to share.



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