

## Supported Decision Making

Supported decision making means that people you know and trust help you make your own choices. People with and without disabilities use help to make decisions. The people that you ask for help are your circle of support. They can help you understand choices and decisions. People you trust can help you understand and communicate your choices.

Some people need support for many decisions. Some people can make most decisions on their own and only need support sometimes. You decide what kinds of decisions you need help with. This chart can help you start the conversation with your circle of support.

	I Can Do This Alone 	I can do this with support 	I want someone else to do this 	Who can help me? 
<b>COMMUNICATION</b>				
Telling people what I want and don't want				
Telling people how I make decisions				
<b>PERSONAL CARE</b>				
Choosing what to wear				
Choosing what to eat and when to eat				
Taking care of my body				
<b>HOME &amp; HEALTH</b>				
Choosing where I live and who I live with				
Finding and choosing professional helpers				
Everyday health choices like taking medications or vitamins				
Deciding when to go to the doctor or the dentist				

				
Making serious or emergency medical decisions				
<b>DATING AND RELATIONSHIPS</b>				
Choosing friends and how I spend free time				
Making choices about church or religion				
Making choices about dating and marriage				
Making choices about sex and birth control				
<b>TRANSPORTATION &amp; FINANCES</b>				
Choosing and arranging transportation				
Travel decisions (vacation or trips)				
Choosing what kind of work I will do				
Choosing if I should take training or classes				
Applying for jobs or choosing to accept a job offer				
<b>MONEY</b>				
Paying my bills and rent, buying food				
Making a budget/how much money can I spend				
Big decisions about money (opening a bank account, big purchases)				
<b>BEING A CITIZEN</b>				
Choosing to vote and who to vote for			No one can vote for you	
Signing contracts or formal agreements				