

“MY VOICE COUNTS”



Supported Decision Making an Alternative to Guardianship

**A Self Advocates
Guide to Supported
Decision Making**

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“MY VOICE COUNTS”

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to Supported Decision
Making

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Self Advocacy

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Additional copies of this guide
can be found at

www.utahDDcouncil.org

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...



- ◆ Self determination/Self Advocacy
- ◆ Showing people, that with their help, you can make good decisions that will improve the quality of your life
- ◆ Be willing to try new ideas and explore different possibilities
- ◆ Be willing to look at your own strengths and challenges when deciding on the supports that your will need in order to be successful
- ◆ Be willing to work with a team of supporters to achieve you goals
- ◆ 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

About Guardianship

What is Guardianship?

A guardian is someone who can help you with making life decisions or make decision for you. 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 decision, with or without your opinion or permission in **SOME** areas of your life.



A **full guardian** can make decisions, with or without your opinion or permission in **ALL** areas of your life.

How is SDM Different than Guardianship?

Guardianship



A guardian can help you make life decisions or make decision for you.

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 your 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 your 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

WHY?

When you turn 18 years old in the State of Utah, 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.

Schools or doctors sometimes
tell them it is necessary

WHY?

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 supports, 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.

GUARDIANSHIP



NOW
IS THE
TIME



SUPPORTED DECISION
MAKING



DO YOU UNDERSTAND THE
DIFFERENCES?

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

I decide on my own goals with help from others.

A judge will decide who can make decisions for me.

A written agreement is created by me and the people who support me.

This could take away my right to vote, marry, drive a car or enter into a contract.

A team of people that I choose will help me make decisions.

There are 2 different types: partial (limited) and full.

This idea makes me feel **NOT** very empowered.

I will have to go to court.

Supported
Decision
Making



Guardianship



Let's Get Going



How Do I Get Started? What Do I Do Now?

Talk with your friends, family members and the people you trust about your ability to make good decisions with their support.

01
STEP

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

02
STEP

Identify the supportive people in your life. Who would you choose to help you and are they willing?

03
STEP

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.

04
STEP

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 questions 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?

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.

HARD DECISIONS

Where do I want to live?

What goals do I want to achieve?

Can I manage my own money?

Where can I find supports that will help me be successful?

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

When making a decision think about these 3 important ideas:

Name 2 simple decisions you made today

1. Preferences

What do you like or don't like?

2. Values

What is important to you?

3. Needs

What are the things you need to live as happily and as Independently as possible?

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

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.

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

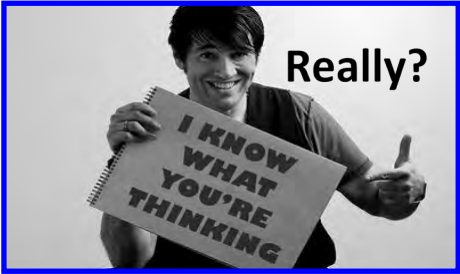


- Transportation
- Dating/Partners
- Free Time/Social
- Caring for a child
- Pet Care



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

MY LIFE LIST



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
- 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.
- 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)
- Other things: _____

Education and/or 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
- Other things: _____

Adapted from the Yukon Health and Human Services, June



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
- Other things: _____



Dating and Partners

- Making choices about who I would like to
- Making choices about being safe on social media
- Making choices about sex, birth control and
- Making choices about marriage
- Other things: _____



THE "LIFE LIST"

Part Three

Transportation

- Making choices about how I will get around: Bus/Trax/Train/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.
- Other things: _____



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
- 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
- Making choices about where I go and who I go with
- 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
- Other things: _____



Other Life Areas:

- 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: _____
- _____



STEP 3

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 follow through with their commitment



Someone who is willing to help you

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



Someone you can trust

Someone who has similar interests

Someone who is creative and willing to explore all possibilities

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

1.

2.

3.

Supported Decision Making

Let's Take a Break and

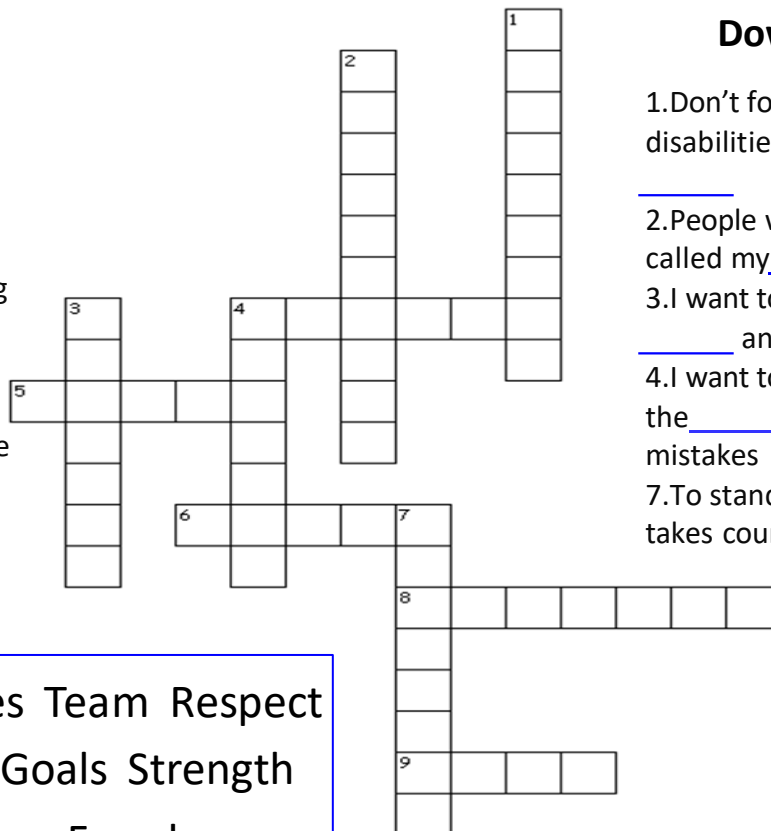
S V F T M B I K O S
 E R I R A M G P H E
 W E E T E Z V T G I
 X S F T T E G P F T
 A P P Z R N D U R I
 R E F S E O T O S L
 A C E R L U P I M I
 Z T T B R A C P S B
 O S F E C I O V U A
 C H O I C E S G X S

Have Some
Fun!!!

ABILITIES
 CHOICES
 FREEDOM
 FUTURE
 GOALS
 RESPECT
 STRENGTH
 SUPPORTERS
 TEAM

Across

4. What comes after the present? The _____
5. I'm a self-advocate. My _____ counts
6. Things that you are trying to do or achieve.
8. I like to be treated with _____
9. What is a group of people working together called?



Down

1. Don't focus on my disabilities, focus on my _____
2. People who help me are called my _____
3. I want to make my own _____ and decisions.
4. I want to be given the _____ to make mistakes
7. To stand up for yourself, it takes courage and _____

Choices Abilities Team Respect
 Future Voice Goals Strength
 Supporter Freedom

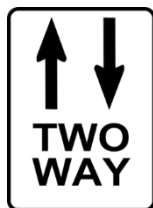
STEP 4

Create Your Own Supported Decision Making Agreement

A Road Map for Accomplishing What Matters Most to YOU



Yep its true, we do all types of planning everyday. 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!



AGREEMENTS 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 PLAN
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



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 a part of an agreement.

Have you ever been a part of any of these?



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



An Employment or Work Forces Service Plan?



A Person Center/Directed 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. They have agreed to assist you with accomplishing 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.

Many other states have sample agreements that can be accessed in a variety of ways. 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 Resource before you start writing your agreement

Texas Council for Developmental Disabilities

[Www. tcdd.texas.gov/.../Supported-Decision-Making-Agreement-Oct15.pdf](http://www.tcdd.texas.gov/.../Supported-Decision-Making-Agreement-Oct15.pdf)

Maine SDM Coalition

[Www. Support My Decision.com](http://www.SupportMyDecision.com)

Designation of Supported Decision-Making Team Form (tools)

American Civil Liberties Union/Support Decision Making

www.aclu.org/issues/disability-rights/supported-decision-making

Yukon Health and Human Services

www.gov.yk.ca/forms/forms/5000/yg5255_e.pdf

District of Columbia Schools Educational Supported Decision Making Form

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



Things You Will Want to Include in Your Agreement

Your Name Address Telephone number Email Address

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

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

A Place where you identify the “Life Areas” that you will need help with, in order to be healthy and safe.

A Place to talk about how the agreement can be changed.

A place for you and your 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

We all have different life situations.

We all have different supports system

SARAH'S SUPPORTED DECISION MAKING AGREEMENT



THIS IS JOHN
SARAH'S BROTHER

MEET
SARAH



↑
THIS IS SARAH'S
MOM, ROSE



←



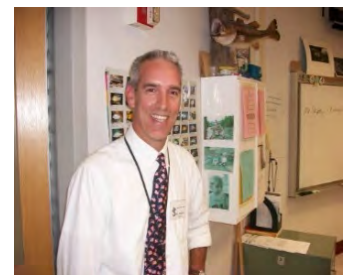
←
THIS IS SARAH'S
BOYFRIEND, JACK

←
THESE ARE
HER FRIENDS



SARAH'S BOSS

SARAH'S SWIMMING FRIENDS



MR JONES
SARAH'S VR COUNSELOR



Sarah's Road Map

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 needs some help to make some of these decisions about her life.

STEP 2

Sarah looked 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 a school, learning more about her money and benefits and her different options for losing 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

PLEASE NOTE: The names, addresses & phone numbers on this agreement are examples only. None of the personal information is true.

A **Supported Decision Making Agreement** is a way to plan my life and achieve my goals by working with a team of trusted supporters in order to make my own decisions.

My **SUPPORTERS** are the people who I trust to help me make decisions

My **SUPPORTERS** do not have my permission to make choices for me. I will make my own choices, with their support. I am the person who has the final say.

My Name Sarah Thomas Date of Birth 01/05/1999

Address 12 Cherry Lane (City) Yuma (State) AL (Zip) 00022

Telephone: Home 801-000-0000 Cell 801-000-0001

Emergency Contact: Name Rose Thomas Phone Number 801-001-0003

I have decided that I will need assistance with decision making in the following "Life Areas".

- | | |
|--|---|
| <input type="checkbox"/> Being Safe and Staying Safe | <input type="checkbox"/> Daily Living |
| <input checked="" type="checkbox"/> Education and Training | <input checked="" type="checkbox"/> Money and Financial |
| <input checked="" type="checkbox"/> Physical Health | <input type="checkbox"/> Dating & Partners |
| <input type="checkbox"/> Mental Health | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Home, Work and Friends | <input type="checkbox"/> Free Time/Social |
| <input type="checkbox"/> Caring for a Child | <input type="checkbox"/> Pet Care |
| Other Life Areas _____ | |

Why I Feel I will need support with making decisions: 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 my 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 anytime, but I would like to talk with my whole Supported Decision Making team:

- Check one:
- Every week
 - One time a month
 - Two times a month
 - Every Six Months
 - One time a year
 - Before an important meeting (IEP/Doctor/Dentist)
 - 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) 801-000-0001

Email: None

Name: Jane Hunter, Friend

Contact #:(Cell/Home)801-000-0008

Email: janehunt001@utah.gov

Name: Mr. Jones, VR Counselor

Contact #:(Cell/Home) 801-004-0002

Email: mr.jones003@yahoo.com

Name: John, Brother

Contact #:(Cell/Home) 801-000-0009

Email: john.thomas0@aol.gov

Name: Sue Bird, Friend

Contact #:(Cell/Home) 801-001-0007

Email: suebird00@gmail.com

Name: Jack Spratt, Boyfriend

Contact # (Cell/Home) 801-000-0008

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 the 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

More Notes (if needed): _____

Authorization/Permission Forms (If Needed):

Yes No I am willing to sign or give permission for my supporters to help me make decisions in this life area.

Form Name: Authorization to Disclose Educational Info. **Form Name:** _____

I Will Need Support with:

Yes No My supporter will explain in simple language how this form will help me:

Supporter Name: _____

Yes No My supporter will help me get the form

Supporter Name: Rose

Yes No My supporter will help me complete the form: Supporter Name: Rose

Yes No My support will help me get the form to the people who will honor my wish:

Supporter Name: _____

I Will Need Support with:

Yes No My supporter will explain in simple language how this form will help me:

Supporter Name: _____

Yes No My supporter will help me get the form

Supporter Name: _____

Yes No My supporter will help me complete the form: Supporter Name: _____

Yes No My support will help me get the form to the people who will honor my wish:

Supporter Name: _____

My Life Areas

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 the 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 loose weight

My Supporter(s) will help me by:

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

I agree to do my part by helping with:

1. Make an effort to lose weight.
2. Call doctor and make appointment.
- 3.

More Notes (if needed): _____

Authorization/Permission Forms (If Needed):

Yes No I am willing to sign or give permission for my supporters to help me make decisions in this life area.

Form Name: HIPPA release form

I Will Need Support with:

Yes No My supporter will explain in simple language how this form will help me:

Supporter Name: Jane

Yes No My supporter will help me get the form

Supporter Name: Jane

Yes No My supporter will help me complete the form: Supporter Name: Rose

Yes No My support will help me get the form to the people who will honor my wish:

Supporter Name: Rose

Form Name: _____

I Will Need Support with:

Yes No My supporter will explain in simple language how this form will help me:

Supporter Name: _____

Yes No My supporter will help me get the form

Supporter Name: _____

Yes No My supporter will help me complete the form: Supporter Name: _____

Yes No My support will help me get the form to the people who will honor my wish:

Supporter Name: _____

My Life Area: Money

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

I Need Assistance with the 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 benefit specialist.
2. Look into different ways to set up a joint 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 (if needed): 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):

Yes No I am willing to sign or give permission for my supporters to help me make decisions in this life area.

Form Name: _____

I Will Need Support with:

Yes ___ No ___ My supporter will explain in simple language how this form will help me:

Supporter Name: _____

Yes ___ No ___ My supporter will help me get the form

Supporter Name: _____

Yes ___ No ___ My supporter will help me complete the form: Supporter Name: _____

Yes ___ No ___ My support will help me get the form to the people who will honor my wish

Supporter Name: _____

Form Name: _____

I Will Need Support with:

Yes ___ No ___ My supporter will explain in simple language how this form will help me:

Supporter Name: _____

Yes ___ No ___ My supporter will help me get the form

Supporter Name: _____

Yes ___ No ___ My supporter will help me complete the form: Supporter Name: _____

Yes ___ No ___ My support will help me get the form to the people who will honor my wish:

Supporter Name: _____

Supporter(s) Agreement

By signing below, I, as Sarah's 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>3/10/17</u>	<u>Jack</u>	<u>3/10/17</u>
Supporter	Date	Supporter	Date
<u>Jane Hunter</u>	<u>3/10/17</u>	_____	_____
Supporter	Date	Supporter	Date
<u>Sue Bird</u>	<u>3/10/17</u>	_____	_____
Supporter	Date	Supporter	Date
<u>Michael Jones</u>	<u>3/10/17</u>	_____	_____
Supporter	Date	Supporter	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 decisions and to accept the responsibilities and consequences of the my decisions.

I understand that I am responsible for this agreement. I will get assistance, if needed, to keep my agreement moving in the right direction. (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 supporter(s).

Sarah Thomas 3/10/17

Self Advocate Date

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 supporters in order to make my own decisions.

My **SUPPORTERS** are the people who I trust to help me make decisions

My **SUPPORTERS** do not have my permission to make choices for me. I will make my own choices, with their support. I am the person who has the final say.

My Name _____ Date of Birth _____

Address _____ (City) _____ (State) _____ (Zip) _____

Telephone: Home _____ Cell _____

Emergency Contact: Name _____ Phone Number _____

I have decided that I will need assistance with decision making in the following "Life Areas".

Being Safe and Staying Safe

Daily Living

Education and Training

Money and Financial

Physical Health

Dating & Partners

Mental Health

Transportation

Home, Work and Friends

Free Time/Social

Caring for a Child

Pet Care

Other Life Areas _____

Why I Feel I will need support with making decisions: _____

(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:
- Every week
 - One time month
 - Two times month
 - Every Six Months
 - One time a year
 - Before an important meeting (IEP/Doctor/Dentist)
 - I do not want my support team to meet on a regular basis.

Next Meeting Date: _____

My Supported Decision Making Team Contact Information

Name:

Contact #:(Cell/Home)

Email:

Name:

Contact #:(Cell/Home)

Email:

Name:

Contact #:(Cell/Home)

Email:

Name:

Contact #:(Cell/Home)

Email:

Name:

Contact #:(Cell/Home)

Email:

Name:

Contact #:(Cell/Home)

Email:

Email:

My Life Area: _____

I choose the following people to support me: _____

I Need Assistance with the making the following decisions:

- 1.
- 2.
- 3.

My Supporter(s) will help me by:

- 1.
- 2.
- 3.

I agree to do my part by helping with:

- 1.
- 2.
- 3.

More Notes (if needed): _____

Authorization/Permission Forms (If Needed):

Yes ___ No _____ I am willing to sign or give permission for my supporters to help me make decisions in this life area.

Form Name: Authorization to Disclose Educational Info. **Form Name:** _____

I Will Need Support with:

Yes ___ No ___ My supporter will explain in simple language how this form will help me:

Supporter Name: _____

Yes ___ No ___ My supporter will help me get the form

Supporter Name: _____

Yes ___ No ___ My supporter will help me complete the form: Supporter Name: _____

Yes ___ No ___ My support will help me get the form to the people who will honor my wish:

Supporter Name: _____

I Will Need Support with:

Yes ___ No ___ My supporter will explain in simple language how this form will help me:

Supporter Name: _____

Yes ___ No ___ My supporter will help me get the form

Supporter Name: _____

Yes ___ No ___ My supporter will help me complete the form: Supporter Name: _____

Yes ___ No ___ My support will help me get the form to the people who will honor my wish:

Supporter Name: _____

Supporter(s) Agreement

By signing below, I, as _____ 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 that they will understand their choices, discuss the pros and cons of a decision and help him/her express his/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.

_____	_____	_____	_____
Supporter	Date	Supporter	Date
_____	_____	_____	_____
Supporter	Date	Supporter	Date
_____	_____	_____	_____
Supporter	Date	Supporter	Date
_____	_____	_____	_____
Supporter	Date	Supporter	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 decisions and to accept the responsibilities and consequences of the my decisions.

I understand that I am responsible for this agreement. I will get assistance, if needed, to keep my agreement moving in the right direction. (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 supporter(s).

_____ _____
Self Advocate Date

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 not 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.



Your Money

Power of Attorney
Representative Payees assigned/
requested by Government agencies.
Joint Bank Accounts
Trusts

Your Health



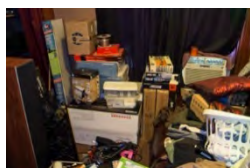
Utah Advance Health Care Directive
Advance Directive, Utah State Declaration for
My Mental Health Treatment
Health Power of Attorney



Education

Authorization to Disclose Educational
Information

Your House & Stuff



Utah Last Will and Testament
Trusts

Supported Decision Making in Utah

Update 2021

PAST

Alternatives to guardianship and/or support decision making were not required by the Utah courts to be explored before granting guardianship.

TODAY

The Disability Law Center, the American Civil Liberties Union of Utah, the American Civil Liberties Union Disability Rights Program, and Latham & Watkins, LLP, in December 2018 reached a positive settlement with the State of Utah to expand and strengthen legal protections for adults with disabilities involved in guardianship proceedings.

SETTLEMENT'S IMPACT

Utah Court administrators will ensure:

1. That judges are better informed about the importance and availability of representation in guardianship proceedings.
2. That judges consider full guardianship as a last resort, while first exploring less restrictive alternatives such as powers of attorney or supported decision making.
3. That judges are aware of options to complete guardianship that maintain as much autonomy (independence) as possible.
4. Administrators will distribute these new guidelines via updated reference cards, checklists, and flow-charts to help state court judge's complete guardianship cases



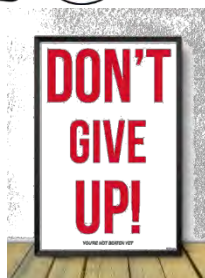
IS SUPPORTED DECISION MAKING RIGHT FOR ME?

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 successful?		
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

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

<http://www.supporteddecisionmaking.org/states>

Autistic Self Advocacy Network: The Right to Make Choices:

International Laws and Decision Making by People with Disabilities

<http://autisticadvocacy.org/wp-content/uploads/2016/02/Easy-Read-OSF-For-Families-v3.pdf>

Supported Decision Making Teams: Setting The Wheels in Motion By S. Francisco and J.

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

Working Interdisciplinary Network of Guardianship Stakeholders (WINGS)

<http://www.utcourts.gov/utc/wings/>

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=duyJkZ2mIQ>

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>

Jenny Hatch's Story of Supported Decision Making

<https://www.youtube.com/watch?v=OiAwj-ywpl4>



Local Resources

Disability Law Center www.disabilitylawcenter.org

Utah Legal Services www.utahlegalservices.org

Utah Parent Center www.utahparentcenter.org

Office of Public Guardian www.opd.utah.gov

Division of Services for People with Disabilities www.dspd.utah.gov

Aging & Adult Services www.daas.utah.gov

Guardianship Associates of Utah www.guardianshiputah.org

Guardian Advocate Services, LLC (GAS) www.guardianadvocateservices.com



Utah Independent Living Centers

Salt Lake City www.uilc.org

Ability First (Provo) www.ability1stutah.org

Options for Independence (Logan) www.optionsind.org

Roads to Independence (Ogden) www.roadstoindependance.org

Active Re-Entry (Price) www.arceil.org

Red Rock Independent Center (St. George) www.rrci.org

Utah Forms

Utah Advance Health Care Directive

<http://aging.utah.edu/documents/utah-coa/directives/fillin-2009.pdf>

HIPPA Authorization Form <https://www.healthport.com/Files/Sample%20HIPAA%20Authorization%20Form.doc>

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

Utah Durable Power of Attorney Form <https://powerofattorney.com/wp-content/uploads/2013/07/utah-durable-financial-power-of-attorney-form.pdf>

Utah Last Will and Testament <https://www.legalzoom.com/articles/utah-last-will-testament>
<https://eforms.com/wills/utah-last-will-and-testament-template/>

Utah Declaration for Mental Health Treatment <http://www.nrc-pad.org/images/stories/PDFs/utahpadform.pdf>

Utah Advance Health Care Form & Instructions http://aging.utah.edu/_documents/utah-coa/directives/ad-09-instructions-edited-090603.pdf

Authorization to Release Confidential Information Under a Supported Decision Making Agreement
https://www.disabilityrightstx.org/files/SDMA_authorization_release_confidential_info.pdf

Sample SDM Agreements

Texas Council for Developmental Disabilities

www.t addeddecisionmaking.org/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20Making%20Form.pdf

Maine SDM Coalition www.supportmydecision.com Designation of Supported Decision-Making Team Form (tools)

American Civil Liberties Union/Support Decision Making

www.aclu.org/issues/disability-rights/supported-decision-making

Yukon Health and Human Services www.gov.yk.ca/forms/forms/5000/yg5255_e.pdf

District of Columbia Schools Educational Supported Decision Making Form

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

Guide Development References

National Resource Center for Supported Decision Making

<http://www.supporteddecisionmaking.org/states>

Autistic Self Advocacy Network: The Right to Make Choices:

International Laws and Decision Making by People with Disabilities <http://autisticadvocacy.org/wp-content/uploads/2016/02/Easy-Read-OSF-For-Families-v3.pdf>

Supported Decision Making Teams:

Setting The Wheels in Motion By S. Francisco and J. Martinis

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

Texas Council for Developmental Disabilities www.t addeddecisionmaking.org/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20Making%20Form.pdf

www.t addeddecisionmaking.org/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20Making%20Form.pdf

www.t addeddecisionmaking.org/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20Making%20Form.pdf

Maine SDM Coalition www.supportmydecision.com

Designation of Supported Decision-Making Team Form (tools)

American Civil Liberties Union/Support Decision

Making www.aclu.org/issues/disability-rights/supported-decision-making

Yukon Health and Human Services

www.gov.yk.ca/forms/forms/5000/yg5255_e.pdf

Guide Development References (Cont).

Utah Guardianship Laws

<http://supporteddecisionmaking.org/state-review/utah>

PACER's National Parent Center on Transition and Employment. <http://www.pacer.org/transition/learning-center/independent-community-living/self-determination>.

Supported Decision Making A Call to Action, Martinis, Jonathan

https://www.youtube.com/watch?v=_vqF3NiTeWg

District of Columbia Schools Educational Supported Decision Making Form <https://dcps.dc.gov/sites/default/files/dc/sites/dcps/publication/attachments/Supported%20Decision%20Making%20Form.pdf>
Khemka, Hickson & Reynolds, 2005; O'Connor & Vallerand, 1994, Wehmeyer & Schwartz, 1998

Martinis, Jonathan G, Why Not Guardianship?, <http://www.DRTx.org>

Social Security Procedural Operating Manual Systems. https://secure.ssa.gov/poms/images/poms02/02005/G-GN_00502.115B-1.gif



Advocates as Leaders

Self Advocacy Speakers' Network

5296 South Commerce
Drive Suite 305
Murray, Utah 84101
801-245-7353

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