

SUPPORTED DECISION-MAKING

WHAT IS SUPPORTED DECISION-MAKING (SDM)?

SDM is getting support from people you choose, so you can make your own decisions. Think about your options when you have to make a tough choice. You may have specific people you talk to, such as a friend or professional. They support you to discuss the “pros and cons” of your choices.

WHEN CAN I USE IT AND HOW CAN IT SUPPORT ME?



You can use SDM to make your own decisions.

Using SDM, you can have more control over your life – more self-determination. People with disabilities who use SDM are more independent, self-confident, and better at making decisions. SDM can also help you make

decisions in Special Education programs, Vocational Rehabilitation and employment supports, health care, money management, and other life areas.

HOW CAN I USE SDM?

Everyone makes decisions differently and uses different supports. Here are ways you can explore how to use SDM for yourself or someone in your life.

- First, think about the life areas where you want support making decisions.
- Next, think about the kinds of support you want to make decisions

WE CAN SUPPORT YOU!



Wherever you are on your SDM journey – we can support you. Please contact us by scanning the QR code or visiting <https://kucdd.ku.edu/contact-us>.