

# SUPPORTED DECISION-MAKING WORKSHEET

(TO BE COMPLETED BY THE INDIVIDUAL SEEKING SUPPORT)

You make your own decision about something when you choose what you want to do.

Supported decision-making is identifying a decision you want help with and choosing one or more people to help support you in making a decision. Your supporter(s) can help you:

- Gather information to make the decision.
- Understand information to make the decision.
- Explain what happens when you say yes or no to a decision.
- Tell other people about the decision you have made.

Supporters cannot make decisions for you.

## Healthcare

I want to make my own decisions about:

I want help making decisions about:

To make my decisions, I need:

- Information in ways I can understand
- Time to make the decision How much: \_\_\_\_\_
- Information about what happens when I say yes or no
- To see, do, meet with, or visit: \_\_\_\_\_

## Where I Live (my home)

I want to make my own decisions about:

I want help making decisions about:

To make my decisions, I need:

- Information in ways I can understand
- Time to make the decision How much: \_\_\_\_\_
- Information about what happens when I say yes or no
- To see, do, meet with, or visit: \_\_\_\_\_

## Money and Property (my things)

I want to make my own decisions about:

I want help making decisions about:

To make my decisions, I need:

- Information in ways I can understand
- Time to make the decision How much: \_\_\_\_\_
- Information about what happens when I say yes or no
- To see, do, meet with, or visit: \_\_\_\_\_

## Education

I want to make my own decisions about:

I want help making decisions about:

To make my decisions, I need:

- Information in ways I can understand
- Time to make the decision How much: \_\_\_\_\_
- Information about what happens when I say yes or no
- To see, do, meet with, or visit: \_\_\_\_\_

## Employment (job)

I want to make my own decisions about:

I want help making decisions about:

To make my decisions, I need:

- Information in ways I can understand
- Time to make the decision How much: \_\_\_\_\_
- Information about what happens when I say yes or no
- To see, do, meet with, or visit: \_\_\_\_\_