

IDENTIFICATION OF SUPPORTER(S) WORKSHEET

(TO BE COMPLETED BY THE INDIVIDUAL SEEKING SUPPORT)

You have decided to get help making some decisions. You may already know what things you want help deciding and what kind of help you want when deciding. Now it's time to decide **who** you may want to help you make a decision.

Kind of decision I want help making:

Who helps me make this decision now:

Who do I trust?

Whose thoughts and opinions do I want about this decision?

Who can I say "no" to?

Who listens to me on a regular basis?

Who is easy to talk to?

Remember:

- You do not have to take the advice of your Supporter(s).
- You may have multiple Supporters on the same decision or have different Supporters for different decisions. For example, you can have a Supporter help you choose where to live and a different Supporter help you choose where to work.
- You do not have to choose someone as your Supporter who has made decisions for you in the past.
- You can end a Supported Decision-Making Agreement at any time.
- You may ask a Supporter to support you and he or she can say no.

Supporter(s) I will ask to Support me: _____