



# Supported Decision Making

An Alternative to Guardianship



# Supported Decision Making Defined

Supported Decision Making (SDM) is a:

“formal method of decision-making in which a person can designate trusted individuals who can help them process information and work through decisions. SDM offers an alternative to guardianship, which would otherwise completely usurp the person’s autonomy and civil rights.”

(Disability Rights Maine, 2015)



## More on SDM

“While there is no “one-size-fits-all” model of SDM, it generally occurs when people receive assistance from one or more trusted friends, family members, professionals or advocates - to help them understand the situations they face and choices and options they have, so they can make their own decisions....

- From *Supported Decision-Making: An Agenda for Action*. Burton Blatt Institute, Syracuse University.

[http://bbi.syr.edu/news\\_events/news/2014/02/Supported%20Decision%20Making-2014.pdf](http://bbi.syr.edu/news_events/news/2014/02/Supported%20Decision%20Making-2014.pdf)



## More on SDM (2)

...This process mirrors what happens for most adults when they make decisions such as whether to get car repairs, sign legal documents and consent to medical procedures: they seek advice, input and information from friends, family or professionals who are knowledgeable about those issues, so they can make their own well-informed choices.”



## Maine's SDM Coalition

- Disability Rights Maine (DRM) received a grant from the National Resource Center for Supported-Decision Making designed to help DRM “educate individuals and provide resources to the community on Supported Decision-Making as an alternative to guardianship.”
- Along with 9 community partners, DRM is developing materials and providing training to:: individuals, families, service providers, and court officials on Supported Decision-Making.”

(From <http://drme.org/news/2015/drm-awarded-state-grant-from-the-national-resource-center-for-supported-decision-making> )



## Resources

- Maine Supported Decision Making Coalition -  
<http://supportmydecision.org/coalition>
- National Resource Center for Supported Decision-Making -  
<http://supporteddecisionmaking.org>
- SDM Resources, Articles, Videos, and Tools:
  - <http://supportmydecision.org/tools/background-resources>
  - <http://supportmydecision.org/tool-index>