

## Supported Decision Making: Protecting Rights, Ensuring Choices, Empowering Independence

Supported Decision-Making is **what we do every day** when we go to the doctor, a lawyer, or your mechanic, for instance; we ask someone with expertise in a particular area to help us make a decision. Then, we say, "Gee, thank you doctor. *Now I understand.*" We are praised for **seeking out the knowledge we need in order to make an informed decision**. People with disabilities need help to do the same thing. Supported Decision-Making is a individualized mechanism to do just that - WITHOUT stripping away the rights of people with disabilities.



### Supported Decision Making A Call to Action - Jonathan Martinis

<https://www.youtube.com/watch?v=vqF3NiTeWg&list=PL2MjbmC7y8aF5ZaYo5MbQQ-CLMYtV8VtK&index=1>

<https://www.youtube.com/watch?v=Q8Na88Wz90I&feature=youtu.be> (with presentation slides)

### What is Supported Decision-Making?

"a recognized alternative to guardianship through which people with disabilities use friends, family members, and professionals to help them understand the situations and choices they face, so they make their own decisions without the 'need' for a guardian."

(Blanck & Martinis, 2015).

"Alternatives to guardianship, **including supported decision making**, should always be identified and considered whenever possible **prior to the commencement of guardianship proceedings.**"

(National Guardianship Association Position Statement on Guardianship, Surrogate Decision Making and Supported Decision Making, 2015).

If you would like to **learn more about how to implement supported decision-making**, and have the chance to meet and share experiences with other families in the Bay Area, please contact:



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<https://www.aclu.org/issues/disability-rights/supported-decision-making>