

# THIS IS YOUR LIFE

Supported Decision-Making is all about helping you have control over your life, which is sometimes called *Self-Determination*.

When you have more *Self-Determination*:



You are more likely to live independently!



You have more financial independence!



You tend to be paid more at your job, and you are more likely to move up in your career!



You are *less* likely to feel lonely!



Ohio Network for Innovation

1 Avalon Rd.  
Mt. Vernon, Ohio 43050

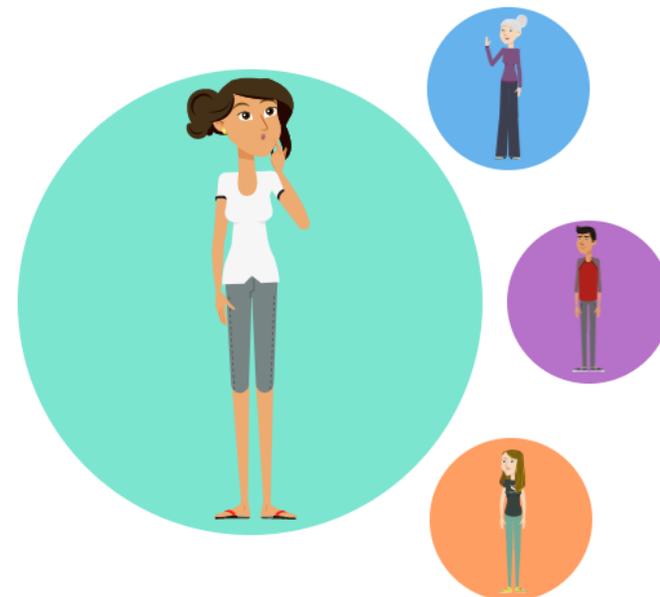
Josh Young - Project Coordinator  
(740.485.5869)

[jyoung@ohionetworkforinnovation.com](mailto:jyoung@ohionetworkforinnovation.com)  
[www.ohionetworkforinnovation.com](http://www.ohionetworkforinnovation.com)



# Supported Decision-Making

What is it, and how do I do it?



Supported Decision-Making is about making your own decisions about your life. You are the **Decision-Maker!**

Sometimes you can ask other people for advice or help if you need it, and these people can agree to be your **Supporters**, but no one else gets to make decisions for you unless you ask them to.

Supported Decision-Making isn't hard to do - just follow these steps and don't be afraid to ask for help!



## CHOOSE

When you want help to make a decision, think about who you could ask for help. These people are called *Supporters*, because they support you to make your own decision. *Supporters* can be:

- Friends
- Family members
- Coworkers
- Neighbors
- People you know from places like church or other groups you are a part of
- Professionals or experts

You can choose almost anyone else you trust to be a *Supporter*, as long as they agree to help you make your own decisions!



## DISCUSS

With your *Supporter*, talk about the decision you are trying to make. Your *Supporter's* job is to help you understand information and all of your options in whatever way works for you. Some of these ways might be:

- Helping you do research or get more information
- Explaining things to you in a way that is easy to understand
- Helping you make a Pros & Cons list
- Listing out all of your options and talking through them
- Role-playing or practicing making decisions

You can choose different *Supporters* to help you with different decisions.



## DECIDE

You are the *Decision-Maker*, so you get to make the final decision!

**YOU DECIDE!**



If you want help to tell other people about your decision, your *Supporter* can help you with that, too.

Oh, and one more thing: It's ok to make mistakes or to be wrong sometimes; that's just part of life! You can learn a lot from making mistakes or trying new things, even if they don't work out.