**Supported Decision-Making**

...has arrived in Maine!

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**What is Supported Decision-Making?**

- A way to make choices with the help of a decision-making **process** that will guide you to a decision.

- As a part of the process, you can have trusted people called **supporters** help you collect information, process information, and make an informed decision.

- **You** are in the driver’s seat!

Supported Decision-Making is a great **alternative to guardianship** - it provides a dependable, formalized process for you when you need to make a decision.

Supported Decision-Making is flexible and can change with your needs. It will give you more **independence and freedom**.

**Learn More At:**

supportmydecision.org
**Decision-Making is a Skill!**

- Decision-making is *not* a one-size-fits-all model. We all make decisions differently because we are all individuals.

- We all require **support** to make decisions at some point during our lifetimes. Some examples are:
  - Asking a mechanic about a car repair
  - Asking friends about choosing a school
  - Asking your family for advice on living options

- Like any other skill, decision-making can be **practiced and learned**.

- If your disability makes it difficult for you to practice decision-making, you have the **right to be accommodated**.

**INTERESTED or have QUESTIONS?**

VISIT: [supportmydecision.org](http://supportmydecision.org)  
CALL: 1.800.452.1948

*Brought to you by Maine’s Supported Decision-Making Coalition.*