

## **What is a Supported Decision-Making Agreement?**

We all need support at times in our lives. A Supported Decision-Making Agreement (SDMA) is a less restrictive alternative to Guardianship. It is an official document that allows a person ("Decision-Maker") to select the people in their life, whom they trust, to be "Supporters." The supporters commit to provide information and ideas in a way that the decision-maker is able to understand and know what their choices are. These choices could be about where to live, what to do during the day, what kind of services they need/want, how to spend or save their money, when to see a doctor, etc. Supporters do not make any decisions, the Decision-Maker always makes their own decisions. Having a written agreement with supporters shows how you make decisions, and makes it clear to everyone that you are getting the support that is right for you.

**Who are the trusted people in your life?**

*Family \* Friend \* Neighbor \* Clergy \* Fellow Parishioner \* Colleague*

