

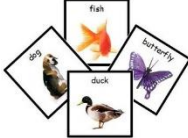
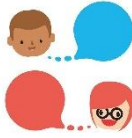
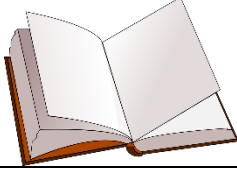




**Commonwealth of Virginia:
Supported Decision-Making Discovery Tool**










What kind of support do I want? Support (help) can look different for everyone and can be different for each choice or activity.

You can use this form to help you think about the different ways people can help and how you might want your Supporters to help you. Place a check (✓) in the box next to each type of help you think you might want or need.

Types of Support	
	<p>Have help filling out/writing on forms, such as my Supported Decision-Making Agreement.</p> 
	<p>Have information written and/or spoken in simple words (plain-language).</p> 
	<p>Have information provided in pictures.</p> 
	<p>Talk to your Supporters to know what your choices are.</p> 
	<p>Research to learn more about your choices on your own or with help from your Supporters.</p> 
	<p>Talk to experts (people who know a lot about your choices) about your options and choices.</p> 
	<p>Talk to your Supporters to get advice.</p> 

This document was adapted from *How to Make a Supported Decision-Making Agreement, A Guide for People with Disabilities and their Families*, developed by the American Civil Liberties Union (ACLU).

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Types of Support	
	<p>Take extra time to think about your choices.</p> 
	<p>Get help making a pros and cons list (a list of good and bad sides of each choice).</p> 
	<p>Have Supporters remind you about your values (what is most important to you) and how these might impact your choices.</p> 
	<p>Help trying out different choices to see how you feel and which choice you like.</p> 
	<p>Have help from your Supporters with communicating your choice to others.</p> 
	<p>Use technology (a phone or computer) to help communicate your choice to others.</p> 
	<p>Receive reminders about important dates and times.</p> 
	<p>Have a Supporter come to meetings and appointments with you.</p> 
	<p>Take classes (on-line or in person) to help learn more about choices.</p> 

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Other Ways I Like to be Supported

Empty box for writing responses to "Other Ways I Like to be Supported".

Ways I Do Not Want to be Supported

Empty box for writing responses to "Ways I Do Not Want to be Supported".

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