Commonwealth of Virginia: Supported Decision-Making Discovery Tool

Who do I want to be my Supporters? Supported Decision-Making Agreements are made up of Supporters and Decision Makers. You are the Decision Maker and the people you choose to help you are the Supporters. You can choose anyone you want to be your Supporter and you can

of life and others might help you in several areas. The decision is up to you.	e are
You can look at your <u>Relationship Map</u> and your <u>When Do I Want Support?</u> tools to help you are these questions and figure out who you might want to be your Supporters.	swe
 What decisions/choices do you need help with? (You can look at your When Do I Want Suptool to help you answer this question.) 	<u>oort'</u>
2. What skills, information, and knowledge does someone need to be able to help you with the things?	se
3. Looking at your <u>Relationship Map</u> , who has these skills, knowledge, and information needed help you, and is someone you trust and feel comfortable communicating with?	l to
These are the people you could ask to be your Supporters!	

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How do I ask someone to be my Supporter? You might be nervous or scared to ask someone to be your Supporter, and that is a normal feeling. It can be hard to think about what to say and how to answer questions they might ask. Here are some helpful tips for asking someone to be a Supporter.

Things to think about before you ask:

Use your <u>When Do I Want Support?</u> and <u>What Kind of Support Do I Want?</u> discovery tools to help you answer these questions.

- What do you want this person to help you with?
- How do you want this person to help you?
- How often do you think you will need them to help you?

How to ask:

- Write a letter or e-mail.
- Communicate with the person you are asking to be your Supporter in-person or on the phone.

What to say:

- · What is a Supported Decision-Making Agreement?
- What does a Supporter do?
- What do you need/want them to help you with?
- How do you want them to help you?
- How often do you want to meet with/ talk to them to get help?
- Invite them to help you fill out your Supported Decision-Making Agreement and sign the Agreements page

Helpful Tools:

- Give them a copy of the <u>Frequently Asked Questions</u> and/or links to <u>DBHDS website</u> to get more information about supported decision-making and being a Supporter.
- Give them a copy of your What Kind of Support Do I Want? discovery tool.

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Will You Be My Supporter? Letter Template You can use this template to help you write a letter or talk to the people you want to be your Supporters.
Dear,
I am making my Supported Decision-Making Agreement and I would like you to be one of my Supporters.
A Supported Decision-Making Agreement is a document that I write that says who I want to help me, in what areas of life I want help, and how I want to be helped. It is a way for me to get help with making choices or decisions, but I keep all my rights and I make the final decision.
Supporters agree to help me how I liked to be helped, but do not make decisions for me. Supporters can decide not to be a Supporter at any time and do not get in trouble for the choices I make.
I would like help in these life areas: (write life areas from your When Do I Want Support? tool)
I would like you to help me with these things: (write checked areas from your When Do I Want Support? tool)
I like people to help me by doing these: (write checked items from your What Kind of Support Do I Want? tool)
If you are okay with this, please meet with me to fill out and signed my Supported Decision-Making Agreement.
Sincerely,
(Your name)
(How the Supporter should contact you- phone number, e-mail, etc.)