



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

***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 [When Do I Want Support?](#) and [What Kind of Support Do I Want?](#) 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 [Frequently Asked Questions](#) and/or links to [DBHDS website](#) 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,

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(Your name)

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(How the Supporter should contact you- phone number, e-mail, etc.)