

Supported Decision-Making in Practice



Below are examples of how Supported Decision-Making can be used in practice:

Education

- Help a student prepare for IEP meetings
- Encourage the student to participate in and lead their IEP meetings
- Make IEP Meetings more welcoming for the student

Healthcare

- Supporters can help a person receive medical information in a way that they can understand so that they can make an informed decision
 - Reasonable accommodations under the Americans with Disability Act (ADA)
- Advocate for a person to have more time to make a decision
- Call a team meeting
- Supporters may use HIPAA forms to obtain information needed to help with decisions

Financial

- Help a person budget and refine their budgeting skills
- Educate a person about different financial tools available (bank accounts, ABLE accounts, Special Needs Trusts)
- Teach a person about direct deposit
- Create a scheduler for bill payments
- Connect a person with financial advisors when necessary

SDM Resource Websites:

National Resource Center for Supported Decision-Making: www.SupportedDecisionMaking.org

Disability Rights Maryland: www.DisabilityRightsMD.org

Quality Trust for Individuals with Disabilities: www.DCQualityTrust.org

PPMD SDM Videos:

[Supported Decision Making](#) (sponsored by the Maryland Hub for Inclusive Higher Education)

[Supported Decision-Making](#) (Disability Rights MD)