



LAURA KELLY, Governor • KATHY KECK, Chairperson • STEVE GIEBER, Executive Director

“To ensure the opportunity to make choices regarding participation in society and quality of life for individuals with developmental disabilities”

Supported Decision-Making

What is Supported Decision-Making?

- Supported Decision-Making is a legal alternative to guardianship.
- People who want to use supported decision-making can:
 1. Think about the type of decisions they need help making.
 2. Choose people they trust to help them make decisions.
 3. Ask these individuals to be their supporters.
 4. Complete a written plan called a supported decision-making agreement
 5. Provide the agreement to people like doctors and service providers

Why is Supported Decision-Making important?

- Supported Decision-Making is a means to empower people with disabilities, and the aging, to remain at the center of decision-making processes in their lives.
- Research shows that maximizing choice and control (self-determination) in a person’s life increases positive health outcomes, happiness, and safety through stronger relationships and better ability to recognize and resist abuse.
- Supported Decision-Making is normal. Most people use informal supports in making personal decisions. We draw on the support of family and friends in managing our own decision-making with financial institutions or doctors, for example.