



# My Life: How To Support My Decision Making

Inclusion Saskatchewan's Supported Decision Making Series





# INCLUSION SASKATCHEWAN

supporting individuals with intellectual disabilities

Copyright © 2021 Inclusion Saskatchewan  
All rights reserved

Inclusion Saskatchewan  
3031 Louise Street  
Saskatoon, Saskatchewan  
S7J 3L1

Phone (306) 955-3344

Fax (306) 373-3070

Website: [www.inclusionsk.com](http://www.inclusionsk.com)

Email: [info@inclusionsk.com](mailto:info@inclusionsk.com)

# MY LIFE: HOW TO SUPPORT MY DECISION MAKING

It is your right to have support to make decisions and to learn more information so you can make informed choices about your life. This is called Supported Decision Making. This document can help people understand how you make decisions. You get to decide who you include and how you want them to support you. The people you include are called your supporters. You can tell your supporters which decisions you want support with and how you want them to support you. See the Supported Decision Making Workbook for more information.

Use the chart to explain your level of comfort with making decisions. Use the emojis as a guide to organize your thoughts/feelings. It's okay to have something in every column. You may be comfortable making some decisions but not others. Your ideas can change over time so this document can be used as you learn and grow.



You are comfortable making these decisions on your own and understand the consequences and impact of the decision.



You are comfortable making some of the decisions but not others. You would like to receive support in making some of these decisions.



You need support to make these decisions all of the time and would like to receive support in making these decisions.

List Your Supporters:	Their Relationship To You:	How They Can Support You:

My Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Daily Life & Wellness



Can you make decisions and communicate choices about how you spend your time during the day?

*For example, day programs, grocery shopping or hobbies.*

Can you make decisions and communicate choices about how you spend your time in the evening and at night?

*For example, creating a bedtime routine or keeping a healthy sleep schedule.*

Can you make healthy decisions about where, when and what to eat?


## Daily Life & Wellness



<p>Can you cook and prepare your own meals?</p>			
<p>Can you take your medication as directed?</p> <p><i>For example, if you have medication that you have to take, do you remember to take it and follow the instructions?</i></p>			
<p>Are you able to keep good hygiene on your own?</p> <p><i>For example, brushing your teeth and bathing.</i></p>			
<p>Can you communicate and direct what kind of support you need?</p> <p><i>For example, who you want to provide the support and how you want them to support you?</i></p>			

## Employment



<p>Can you make decisions and communicate choices about employment?</p> <p><i>For example, where you want to work and what training you need to be successful.</i></p>			
<p>Can you look for and find a job?</p> <p><i>For example, go to interviews and respond to ads.</i></p>			
<p>Are you confident in managing your professional relationship with your co-workers?</p> <p><i>For example, do you know what to do if you have a conflict with a co-worker?</i></p>			
<p>Notes:</p>			

## Money & Budgeting



<p>Can you manage your money?</p> <p><i>For example, are you able to make a budget and stick to it?</i></p>			
<p>Can you tell when you are taking risks with your money?</p> <p><i>For example, can you tell if someone is taking advantage of you?</i></p>			
<p>Do you know how to explore other resources if you need them?</p> <p><i>For example, applying for the SAID Program or requesting food boxes from the Food Bank.</i></p>			
<p>Notes:</p>			



## Relationships & Sexual Health



<p><b>Do you know how to manage relationships with your family members?</b></p> <p><i>For example, are you comfortable setting boundaries and asking for what you need?</i></p>			
<p><b>Do you know how to manage relationships with your friends?</b></p> <p><i>For example, are you comfortable making friends and keeping friendships healthy?</i></p>			
<p><b>Do you know how to manage relationships with pets and animals?</b></p> <p><i>For example, how to treat and take care of a pet.</i></p>			
<p><b>Do you know how to manage relationships with acquaintances (people you do not know well)?</b></p> <p><i>For example, someone who works in the same building as you, your counsellor, or your doctor.</i></p>			

## Relationships & Sexual Health



<p><b>Do you know how to manage relationships with strangers (people you do not know)?</b></p> <p><i>For example, someone who sits next to you on the bus or a grocery store clerk.</i></p>			
<p><b>Do you know how to manage relationships with intimate partners?</b></p> <p><i>For example, are you able to make decisions about who you date and create healthy boundaries such as healthy communication?</i></p>			
<p><b>Are you able and comfortable making decisions about having intimate sexual experiences and who you choose to have them with?</b></p> <p><i>For example, kissing, showing your body to other people or sex.</i></p>			
<p><b>Do you understand the legal risks associated with marriage?</b></p> <p><i>For example, do you understand that marriage is a legal agreement and what that means?</i></p>			

## Relationships & Sexual Health



<p>Do you understand what it means to be in a common law relationship?</p> <p><i>For example, do you understand the reporting requirements or the effect it may have on income support?</i></p>			
<p>Do you understand the risks and responsibilities of having children?</p> <p><i>For example, taking care of your children and paying for their needs.</i></p>			
<p>Do you understand what consent means?</p> <p>Do you understand that consent means giving permission for something?</p> <p><i>For example, having consent for a sexual or intimate experience with someone is important. That person should also have your consent. This could also include giving consent for someone to share information about you on your behalf.</i></p>			

## Relationships & Sexual Health



<p>Do you understand the difference between public and private spaces?</p>			
<p>Do you understand appropriate ways of acting in public spaces versus private spaces?</p> <p><i>For example, a private space could be your bedroom and a public space would be a mall or restaurant.</i></p>			
<p>Are you comfortable standing up for yourself?</p> <p><i>For example, are you comfortable letting someone know if they have hurt your feelings or made you uncomfortable?</i></p>			
<p>Notes:</p>			

## Safety & Security



<p><b>Do you know how stay safe by avoiding common dangers?</b></p> <p><i>For example, traffic, sharp objects, hot stovetop, or poison.</i></p>			
<p><b>Are you able to tell if someone is abusing or hurting you?</b></p> <p><i>This can include physical, sexual, emotional or financial abuse.</i></p>			
<p><b>Can you understand the impact of having a high risk lifestyle?</b></p> <p><i>For example, alcohol or drug use, overeating or high-risk sexual activities.</i></p>			
<p><b>Do you know how to ask for help and who you would ask for help?</b></p> <p><i>For example, knowing when you need help from the police, a family member, or a support worker.</i></p>			

## Safety & Security



Do you need support with managing privacy and using technology appropriately and safely?

*For example, staying safe online which includes social media.*

Do you know who you should and should not share personal information with?

*For example, do you know who needs to know your address and who does not?*

Do you know how to keep yourself safe within your home?

*For example, keeping your doors locked.*

Notes:


## Living Alone



Are you able to be on your own without the risk of serious harm or injury to yourself? If so, how long are you comfortable being alone for?

*For example, are you comfortable being alone for an hour, a day, or multiple days in a row. Are there certain things you need with you while you are alone such as a phone?*

Do you understand what it means to take care of and manage a home?

*For example, home maintenance such as furnace upkeep, testing smoke alarms and testing carbon monoxide detectors. This would also include keeping your home clean, and knowing when to clean.*

Are you able to access community resources on your own?

*For example, public transportation, the bank, grocery stores or emergency services*

## Self-Advocacy



Are you able to understand and communicate consent for legal documents?

*For example, signing contracts, designating a medical proxy or power of attorney, or being presented with a co-decision-making or guardianship order.*

Are you able to identify who you want to support you with making important decisions?

*For example, if you decide you want to move or are making a decision about your health.*

Notes:
