

Plain Language Introduction to Supported Decision Making

What is Supported Decision Making?

Supported Decision Making means choosing someone you trust to help you make decisions. The person you invite to help you make decisions is called your supporter. It is your right to make your own decisions and to have support to make decisions if you agree you need or want it.

Who can be my supporters?

- Your supporters can be a family member, a good friend or someone you trust. You can have as many supporters as you would like, but it is good to have 3-5 people who you talk with regularly.

What should my supporters do?

- They should help you make decisions, but should not make decisions *for* you.

Your supporter should:	Your supporters should not:
Help you understand your choices and decisions	Make choices or decisions without you
Help you get information and help you understand the information to make decisions	Support dangerous or illegal choices without helping you understand your options
Help you tell your decisions to other people	Tell others about your decisions without your permission

With Supported Decision Making, you make your own choices with help from your supporters. You should feel comfortable with your supporters, and you should always feel like they are listening to you. The most important thing about supported decision making is that you feel *supported*.

Are you looking for more information?

This document was co-created with ICAN members. We appreciate their dedication to making this information accessible. If you are interested in becoming an ICAN member and learning more about Supported Decision Making, please contact info@inclusionsk.com or phone (306)955-3344.

For more information about ICAN, go to <https://www.inclusionsk.com/selfadvocacy>

Supported Decision Making Process – Should I Get the COVID-19 Vaccine?

You can go over these questions by yourself, or with a supporter. Take as much time as you need to answer to the questions. You can write your answers down, say them out loud, or answer in any other way that works for you.

1. Do you feel you should get the COVID vaccine, or not?
 - Do you need or want support to choose if you get the vaccine, or can you do it by yourself?
 - If you can choose for yourself, and you feel you have enough information, then you can decide for yourself.
 - If you feel you don't know enough about the vaccine to make a choice, please continue along and answer the questions below.
 - What are your strengths when it comes to making decisions? What support do you need in order to make decisions?
2. Include supporters who understand what is important to you.
 - Your supporters should have a helpful approach that works for you and should know your goals in life.
 - You can ask them to help you make a decision about getting the COVID vaccine, and tell your supporter how they can help you.
3. Your supporters should present options and information in a way that makes sense to you.
 - Here is some great information about the vaccine: <https://www.hcarddcovid.com/info#vaccine>
 - You may have more questions, and you should ask people you trust. This includes talking with healthcare professionals, **especially your doctor.**
 - **If you ever have questions or concerns about your health, you should talk with your doctor.**
4. What other information do you need to make the decision?
 - Decide who makes the final decision about whether you get the vaccine or not.
 - Consider the pros and cons of each option, and talk about possible challenges.
 - Take as much time as you need.
5. You make a decision about whether or not you want to get the COVID-19 vaccine and your supporters make sure you understand your decision.
 - The outcome should be the best option for you.
 - More information may be needed, especially because information about how we will get the vaccine changes. Your supporters will help you to know when and how you will get the vaccine, if this is what you choose.

6. Check in with your supporters.

- How do you feel? What did you learn?
- Think about the process of making the decision. Did it work out how you wanted? Why or why not?
- If new things happen or the situation changes, you have the right to continue asking questions and to change your mind

7. Is there another decision you would like support with?

- Every decision is an opportunity for you to exercise your independence.
- Begin the process again. Remember to begin at step one each time, as every decision is different and you may decide to have different supporters, or share new information, etc.