

Template: Supported Decision-Making Discussion Guide

Purpose of this Guide: Use this as a script or checklist to talk to the people you want to be your supporters. It will help you explain what you need and listen to their thoughts.

Date of Discussion: _____ **People Present:** _____

Topic for Discussion	Helpful Phrases to Start the Conversation	My Notes & Decisions (What I want)
What is supported decision-making?	"I'd like to talk about how you can help me make my own choices as things change. It means I stay in charge, with your help."	
Who I want as my supporters	"I trust you to help me. I would like you to be one of my supporters for decisions about..."	(List the people you want and what you'd like them to help with.)
How we should talk about decisions	"When we discuss a choice, please explain things simply and give me time to think. It helps me if you..."	(e.g., Write things down, show me pictures, talk one-on-one.)
My most important values & wishes	"The most important things to me are... Please always help me make choices that respect these things."	(e.g., Staying in my own home, seeing family weekly, keeping my pet, being independent.)
Managing disagreements	"If we disagree on a choice, please remember that my wishes are what matter most. We need to respect my final decision."	

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Other personal needs	"It's also important for you to know that..."	(e.g., My faith is important in health decisions. Please don't talk about money when I'm tired. Please respect my privacy.)
How often we should check in	"Let's plan to look at this plan again every 6 months, or if something big changes. Does that sound good?"	(Decide on a review schedule, e.g., Every year on my birthday.)

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