



NEW YORK
**ALLIANCE FOR
INCLUSION & INNOVATION**

General Information about Supported Decision Making

Kirsten Sanchirico

VP of Workforce Advancement at The New York Alliance

Executive Director of The Learning Community for Person
Centered Practices



Objectives

- **We need to be person centered when supporting de**
- **General information about Supported Decision Making**
- **SDM in NY.**



What decisions did you make this week?

- Maybe it was a big decision like finding a new job, car or place to live?
- Maybe a smaller decision like what to eat for breakfast, what route to take to work?
- How did you make those decisions?



Decision-Making: Types and Processes

- Informed decision-making
- Supported decision-making
- Substitute decision-making



Informed Decision-Making



Substitute Decision-Making



Guardianship

It is important that the guardian understands the difference in the roles of guardian and supporter.

Guardians can be encouraged to participate in supported decision-making with the person.

Supported Decision-Making



How is SDM Different?

A process in which people make their own decisions with the assistance of a trusted person they select

A method that empowers people to make their own informed decisions rather than someone else making decisions for them

A tool that helps people receiving services and supports to exercise their right to self-determination



Who Uses SDM?

- We ALL do!
- People with Intellectual and Developmental Disabilities for whom decisions may be difficult to make autonomously
- People with mental health diagnoses who may be having difficulty making decisions
- People who are elderly who may need help making decisions



Principles of SDM



ASSUME
I CAN! 

UNDERSTAND
ME AND MY
PREFERENCES

ONE DECISION
AT A TIME 


I CAN CHANGE
MY MIND
   

SUPPORTED DECISION MAKING PRINCIPLES

ARE THE RIGHT
PEOPLE INVOLVED?


EXPLORE
ALL OPTIONS



IT'S UP TO ME TO
MAKE DECISIONS
ABOUT MY LIFE



EXPERIENCE
TO EXPLORE



UNDERSTAND THE
RIGHT ASSISTANCE
FOR ME



Who makes the ultimate decision?

**The
PERSON!**



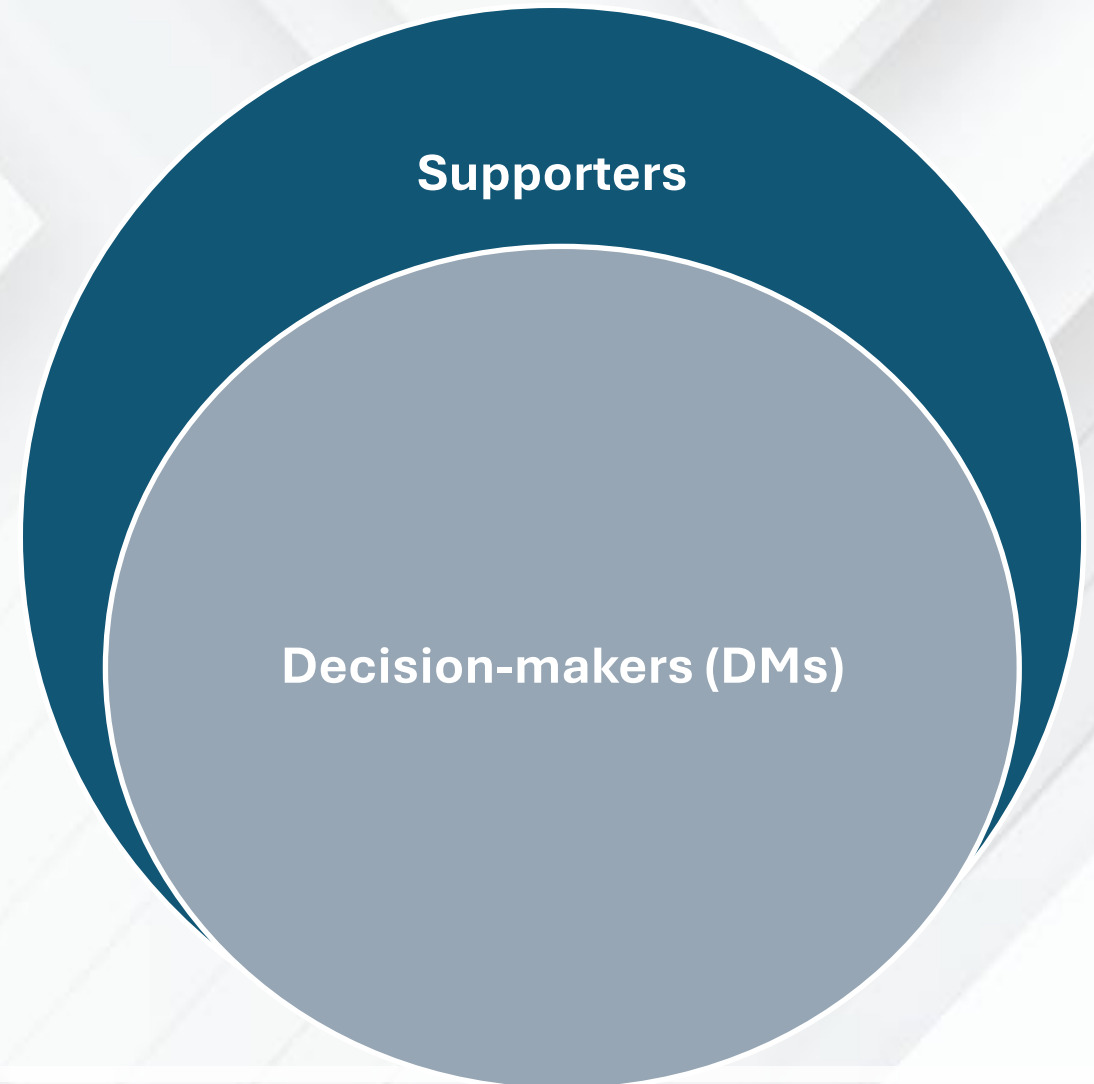
What We Really Want

- To support and accommodate an adult to make life decisions, including decisions related to where they live; the services, supports, and care they receive; with whom they live; and where they work or participate in meaningful activities
- To honor the right to self-determination



Supporters Role

- **Help people identify options.**
- **Provide information in a way that can be understood.**
- **Possibly assist in communicating to others.**



Choice Includes

- Preference: What people like AND what they desire and dream
- Opportunity: An array of people to spend time with, things to do during that time, places to spend that time. Also includes being able to spend time by yourself
- Control: The authority to make use of an opportunity to satisfy a preference
- A balance of *Important To* and *Important For*

- Quantity of choices doesn't matter if none of the choices are desirable or connected to what is important to the person.



Too many
choices can be
overwhelming

Too many
choices is also
overwhelming.



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The Balance can be off!



Remember -

- There is no “unfettered choice” for anyone
- Choice always has boundaries –
 - The question is where should the boundaries be



“Choice” Does Not Excuse Responsibility

- **Personal Responsibility**
 - Choices that can be supported without the need for any approval by the agency
- **Organizational Responsibility**
 - Choices that have an impact on the person and on the organization
- **Societal Responsibility**
 - Choices that impact system requirements and interaction with other systems

SDM in New York – Formal Process

- SDMNY – Supported Decision-Making New York
- OPWDD is issuing this Request for Proposal (RFP) for Supported Decision-Making (SDM) Facilitation with the intent to award one contract for these services. OPWDD is seeking a Contractor to develop and maintain a process to provide SDM Facilitation services to allow people with developmental disabilities the opportunity to make full use of SDM.

Contact Information

Kirsten Sanchirico
ksanchirico@nyalliance.org



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