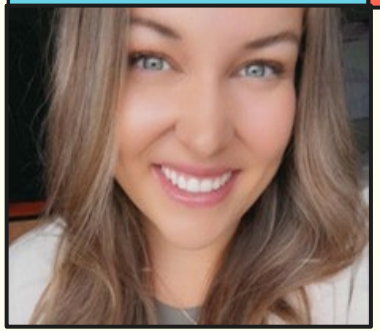
NTACT CBI

2025

Giving Supported Decision Making Roots in Collaboration

Today's Presenters

Makenzie Allison
Faculty Specialist, University of Maryland Center for Transition and Career Innovation



Charlie Walters
Assistant Research Professor, University of Maryland Center for Transition and Career Innovation

Learning Objectives

Learn foundational content on supported decision-making

Share lessons learned in SDM collaboration

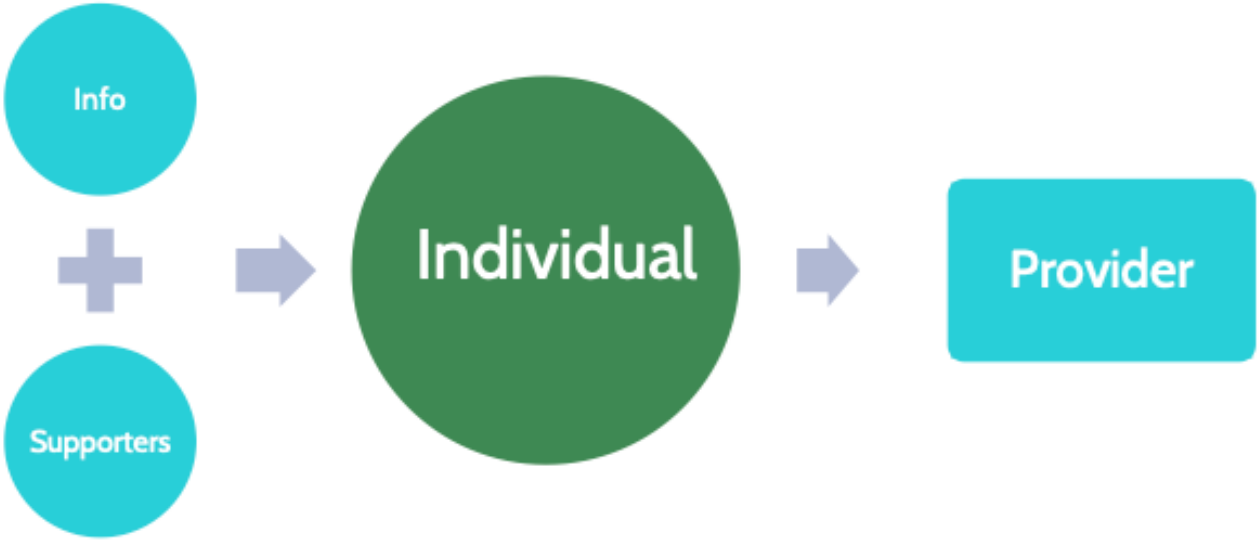
Engage in an interactive walkthrough of free tools for building state and local capacity for SDM

Supported Decision Making 101

Surrogate/Substitute Decision Making

Individual

Supported Decision Making



Lots of Great SDM Primers (each resource linked)

Jonathan Martinis webinar for National Association of Councils on Developmental Disabilities

Center on Youth Voice Youth Choice (CYVYC) Resource Library (by audience)

Autistic Self-Advocacy Network SDM page

Guardianship Alternatives and Transfer-of-Rights (GATOR) publications

SDM Tools from the National Center for Supported Decision-Making

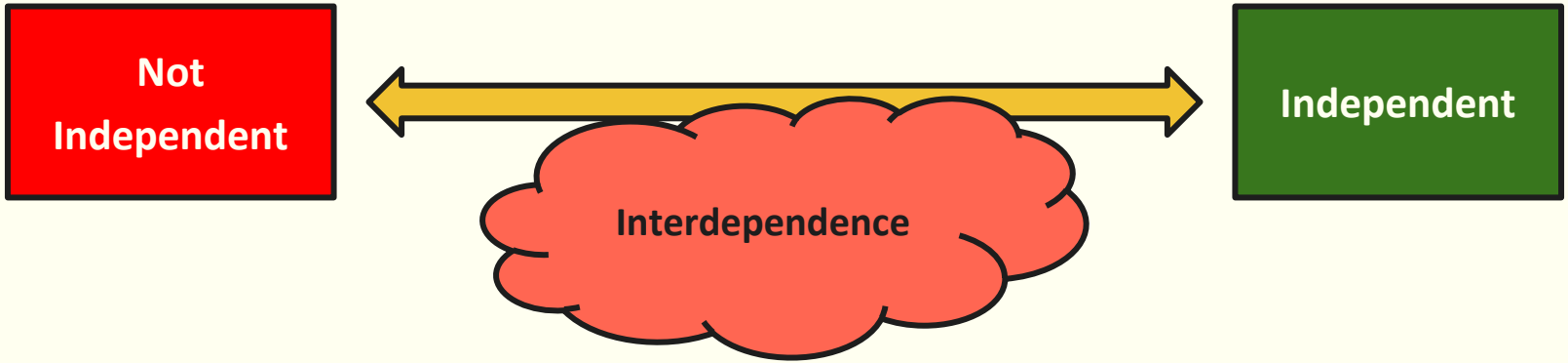
ACLU SDM Resources

Simpler Still…

SDM for Everyone

False Binary #1

False Binary #2

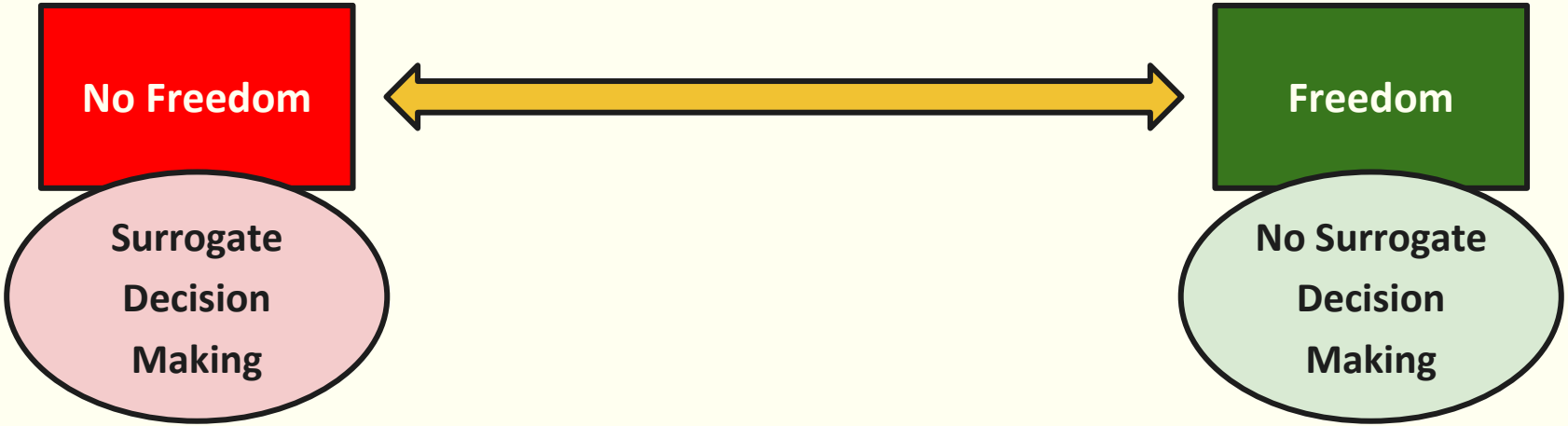


False Binary #3

No Capacity for Adult Decisions

Capacity for Adult Decisions

False Binary #4



SDM vs. sdm

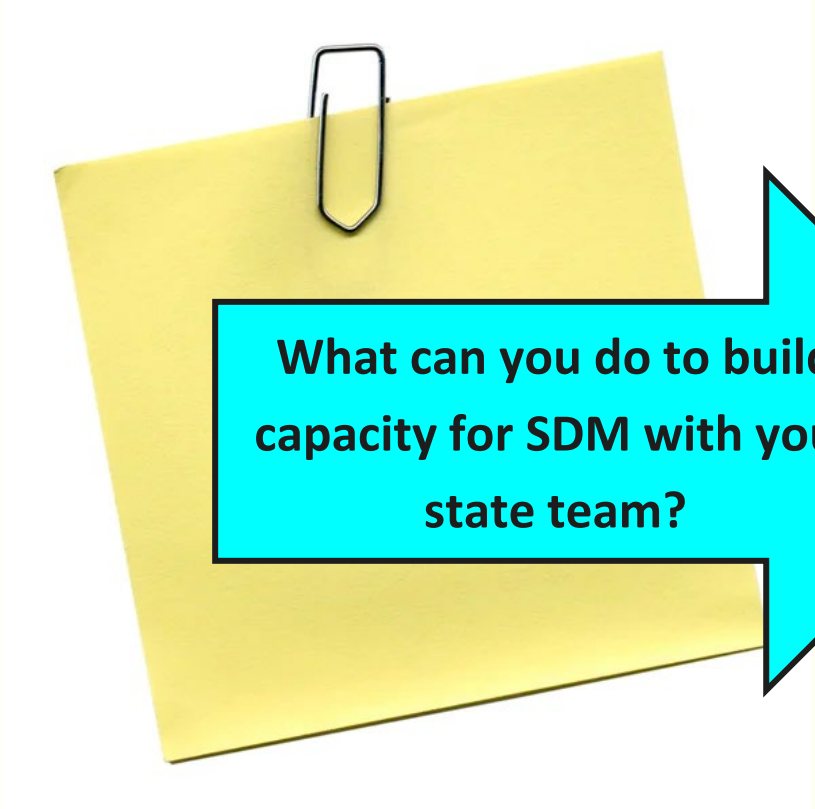
- If we are pitting supported decision-making against guardianship, we want to dazzle the non-believers
  - Supported Decision Making (i.e., the intervention)
- If we are affirming self-determination as a right of students with disabilities, we support normalization (Nirje, 1972)
  - supported decision making (i.e., how adult decisions get made)
- The latter requires a trajectory of support and…

CONTRACT
COLLABORATION

Lessons Learned: SDM from Your View

SDM from Your View

Think	Pair	Share
[30 seconds] • What's going well with partnerships to support SDM from your view?	Pick a neighbor, any neighbor!	[1-2 minutes each] [2-3 minutes with the larger group]



What can you do to build capacity for SDM with your state team?

Supported Decision Making Resources

THE SC

SUPPORTED Decision Making

PROJECT

Stop, Look, and Listen

Part 1: Assessing Opportunities to Learn and Practice in Areas of Adult Decision Making

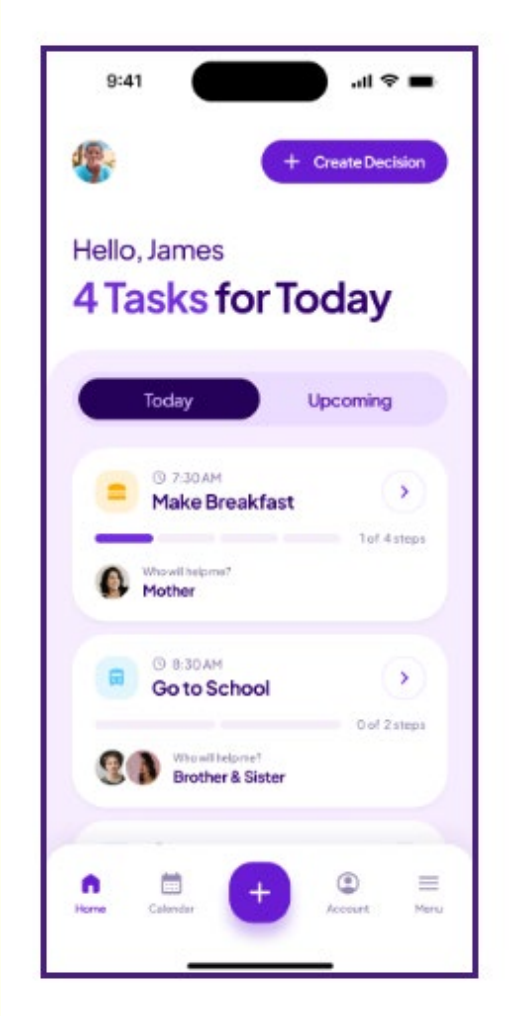
Who is completing this assessment? ☐ Decision Maker ☐ Parent ☐ Teacher ☐ Other _____

Stop, Look, and Listen Battery Levels	I have had the opportunity to learn and practice this skill a lot.	I have had some opportunities to learn and practice this skill.	I have not had opportunities to learn and practice this skill.
Finances			
Making small purchases (e.g. lunch, snacks, clothing, etc)	☐	☐	☐
Keeping track of purchases and bills (i.e. budgeting)	☐	☐	☐
Managing a bank account (i.e. online banking)	☐	☐	☐
Understanding when someone is trying to take advantage of me financially	☐	☐	☐
Making big decisions about money (e.g. opening an account, signing a lease, or obtaining a credit card	☐	☐	☐
Paying bills	☐	☐	☐
Relationships			
Understanding the personal space of myself and others	☐	☐	☐
Speaking up if something doesn't feel right	☐	☐	☐
Recognizing abuse	☐	☐	☐
Making choices about romantic relationships	☐	☐	☐
Making choices about sex	☐	☐	☐

"Stop, Look, & Listen: Planning for Independence and Adult Decision-Making Support" Tool

"When Do I Want Support Tool" from ACLU

	I can do this alone.	I can do this with support.	I need someone else to do this for me.
COMMUNICATION			
Telling people what I want and don't want			
Telling people how I make choices			
Making sure people understand what I am saying			
PERSONAL CARE			
Choosing what I wear			
Getting dressed			
Choosing what to eat, and when to eat			



"Let Me Do It"
app available for
download on
electronic devices

ASAN's "Health Care Guide for Youth and Families"

Transition to Adulthood: A Health Care Guide for Youth and Families

Introduction

Although approaching adulthood is an exciting time in any young person's life, it is also a time of uncertainty. Like all youth approaching adulthood, people with disabilities and their families need to plan for the future. How can families make sure young adults are prepared to make their own decisions? Who will support them in making those decisions? How can young adults and their families ensure that their basic needs will still be met after they reach adulthood?

Although this sort of planning is important for any family, the planning process may be particularly difficult when the young person has a disability. Benefits programs that the young person needs in order to meet his or her basic needs may be subject to age cut-offs. People with disabilities may need extra support in order to make decisions about their lives and their families may receive myriad and conflicting advice about how to provide such support. People with complex health care or accessibility needs may experience difficulty finding new health care providers who are capable of treating adults.

check-ups and vaccines—for free.

The best way to plan for continued healthcare depends on each person's situation. Your options may include:

Coverage through a parent's insurance plan:

If the youth is currently covered through a parent's health insurance plan – either employer-sponsored or purchased on an exchange – then he or she may continue to be covered under that insurance plan until the age of 26.

This option can be useful when:

- The parent can afford to keep the young adult on the parent's health plan,
- The parent's health plan covers all the health care that the young adult needs,
- The young adult is ineligible for Medicaid or other public health insurance programs, for example due to his or her immigration status, and/or
- The young adult needs a source of health coverage while waiting to be enrolled in another source of coverage, like Medicaid.

CPR'S SDM Agreement Template

Supported Decision-Making Agreement
developed by Center for Public Representation

This is the Supported Decision-Making Agreement of

Name : _____ Date of birth: _____

Address: _____

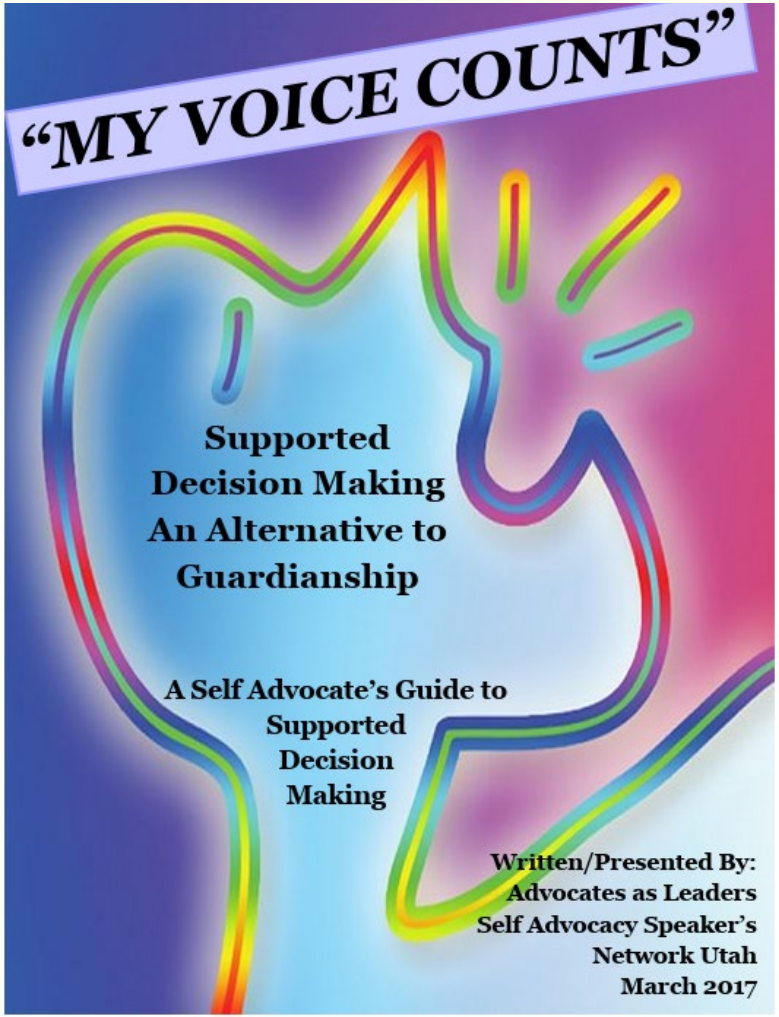
Telephone: _____ Email: _____

A. I need supporter(s) to help me make decisions about:

☐ Taking care of my financial affairs, like banking

☐ Hiring a lawyer if I need one and working with the lawyer

☐ My health care, including large and small health care decisions



"My Voice Counts" Guide Created by Self Advocates for Self Advocates

GATOR's "State-Specific Transfer-of-Rights Rules"

Guardianship Alternatives and Transfer-of-Rights | State Rules | Publications | FAQ | Glossary | Subscribe

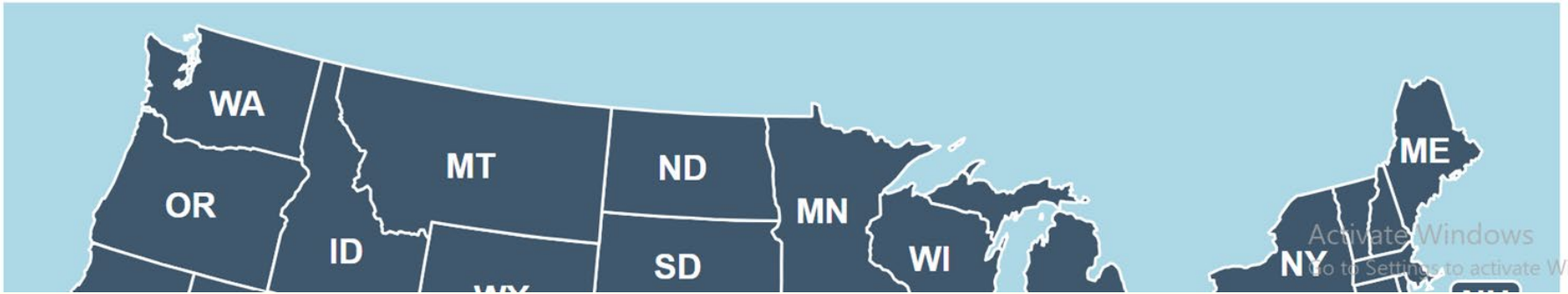
State-Specific Transfer-of-Rights Rules

Here you can learn more about your State's transfer-of-rights rules, including statutes, regulations, policies, and case law.

Click on a State in the map to see an overview of transfer-of-rights rules. Select the "See Map Data in Table View" button below the map to view transfer-of-rights rules (same data as the map displays) in a sortable table format.

Select a State from the dropdown to view information about that State.

Select a State



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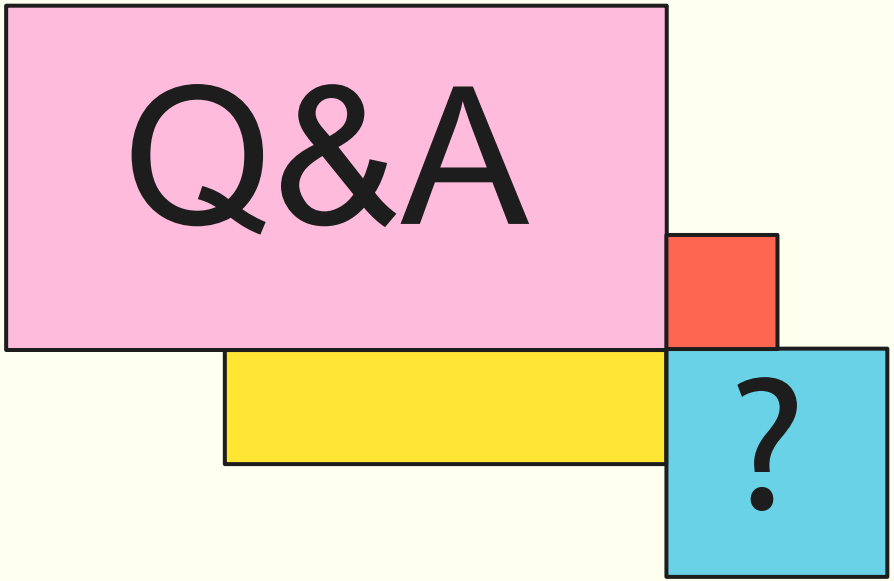
University of Montana Rural Institute for Inclusive Communities' "Alternatives to Guardianship Toolkit"


Q&A
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