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## How can I get mediation services?

Mediation is offered by the Alaska Court System throughout the state. You may request mediation through the court that has the case. If you have an attorney, your attorney may request it for you.

For cases involving an adult, please use the **Request for Court-Sponsored Guardianship Mediation** form ([MED-100](#)). This form is available on the court website: <https://public.courts.alaska.gov/web/forms/docs/med-100.pdf>.

For cases involving a child (minor), please use the **Request for Court-Sponsored Minor Guardianship Mediation** form (MED-150). This form is available on the court website: <https://public.courts.alaska.gov/web/forms/docs/med-150.pdf>.

For more information about mediation, please visit <http://courts.alaska.gov/mediation/index.htm#Programs>. If you have additional questions, call (907) 264-8236.

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# Guardianship and Conservatorship Mediation Program

A private, confidential  
alternative to court  
proceedings

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## When should you consider mediation in guardianship or conservatorship cases?

You may be worried about personal and financial decisions. The whole process can feel overwhelming whether you are the person who might need a guardian or conservator or whether you are closely involved, like a family member.

These decisions can be complicated and stressful, and you may not be sure whether guardianship or conservatorship is the best solution – or know what other options exist.

This can be difficult to talk about.

Mediation offers everyone an opportunity to discuss their concerns and ideas in a private, informal atmosphere. Mediation helps figure out what is important and what should happen. Mediators are neutral and help those involved come up with the best solution that is acceptable to everyone.

## What does mediation cost?

There is **no cost** to the mediation participants for the services of the mediator.

## What can be mediated?

Some examples...

- **Health, medical, and care decisions**  
What is needed? Who should provide it?
- **Financial decisions**  
How should money be spent – or investments be handled? What about “unwise” spending?
- **Independence**  
How to maintain maximum independence?  
How to balance independence and safety?
- **Family and Relationship issues**  
How do we deal with conflicts – new and old?
- **Living arrangements**  
Where? With whom? Who decides – and how? How much supervision is needed?
- **Decision-making**  
How do we want to make decisions?  
How is information shared? Is it understood? Who should be involved?  
Who has authority?
- **Caregiver concerns**  
How to meet needs of caregivers? What are options for respite and support?
- **Safety concerns**  
What are the safety concerns? Is the level of risk understood? Is it acceptable?  
What are the least restrictive alternatives?
- **Guardianship and Conservatorship**  
If a Guardianship and Conservatorship is needed, what would the plan be? Who should be involved?

## Why try mediation in guardianship or conservatorship cases?

**Mediation** helps families and others have difficult conversations.

**Mediation** gives participants responsibility and control over the issues and outcomes.

**Mediation** offers everyone a chance to be heard and to better understand others’ views.

**Mediation** helps people move beyond surface issues in disputes and address underlying concerns.

**Mediation** is private and confidential.

**Mediation** helps people come up with plans that truly meet their needs.

**Mediation** helps balance independence and safety in decision-making.

## What happens in mediation?

- The mediator makes sure everyone understands the process, and sets the ground rules.
- After everyone signs the confidentiality agreement, each person explains his or her point of view.
- The mediator helps everyone decide on the topics they want to discuss – the agenda.
- The mediator encourages participants to find the solutions that work best for them.
- The mediator helps people put their agreements – or plan - into writing.
- Everyone gets a copy of the agreement, which may also be filed with the court.