

# What I Want My School to Know About Supported Decision-Making

NH law (NH RSA 464-D) formally recognizes supported decision-making (SDM) as an alternative to guardianship for adults with disabilities including transition-aged students who seek assistance in making life decisions but who retain all their legal rights.

A person using supported decision-making identifies what types of decisions they want help with and chooses people (Supporters) they trust to help them understand, make, and communicate those decisions.

Under the law (NH RSA 186-C:3-c), IEP teams that are discussing guardianship must also discuss supported decision-making so that this less restrictive alternative can be considered.

## Please remember these things when interacting with me:

- I can make my own decisions. Sometimes, I need help.
- Assist me to make IEP goals so that I can practice independent decision-making and understand the consequences of my decisions. This will help me to prepare to transition to adulthood.
- Explain the Individual Education Program (IEP) process to me and the role of transition planning.
- Assist me in listing my strengths, needs, and necessary accommodations.
- Support me to develop effective strategies to communicate so my preferences and choices are known.
- Encourage me to think critically about my decisions.
- Provide me with information so that I can make informed decisions.
- Offer me opportunities to learn about important decisions like where to live, what services to access, career choices, medical care, and financial management.
- Use language and explain things in a way that I can understand.
- Check to make sure that I understand what you are saying.
- Ask me if I have any questions.
- Give me important information in writing. Make sure it is written in a way that I can understand.
- Give me time to think about what you are saying.