

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

NH law (RSA 464-D) formally recognizes supported decision-making (SDM) as an alternative to guardianship for adults with disabilities who seek assistance in making life decisions but who choose to 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.

## Please remember these things when interacting with me:

- Get to know me.
- I can make my own decisions. Sometimes, I need help.
- Sometimes my Supporter will come to my appointment with me. Please talk to me, not to my Supporter.
- Sometimes my service provider will bring me to my appointment.
  - My Provider is someone from an agency that provides me services for my disability.
  - Please talk to me, not my service provider. They don't make decisions for me.
- 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.
- When I am upset, worried, or confused, it may take me longer to make decisions.

Ask me how I might react when I am upset worried or confused, and what might calm me.

- Ask me if I would like to talk with my Supporter and give me time to talk to them, if I want to.
- My Supporter may ask questions to help me understand my options.
- My Supporter may help me tell you what my decision is. The decision is mine.
- Please respect my decision.