

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM

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# NEW JERSEY SELF-ADVOCACY PROJECT



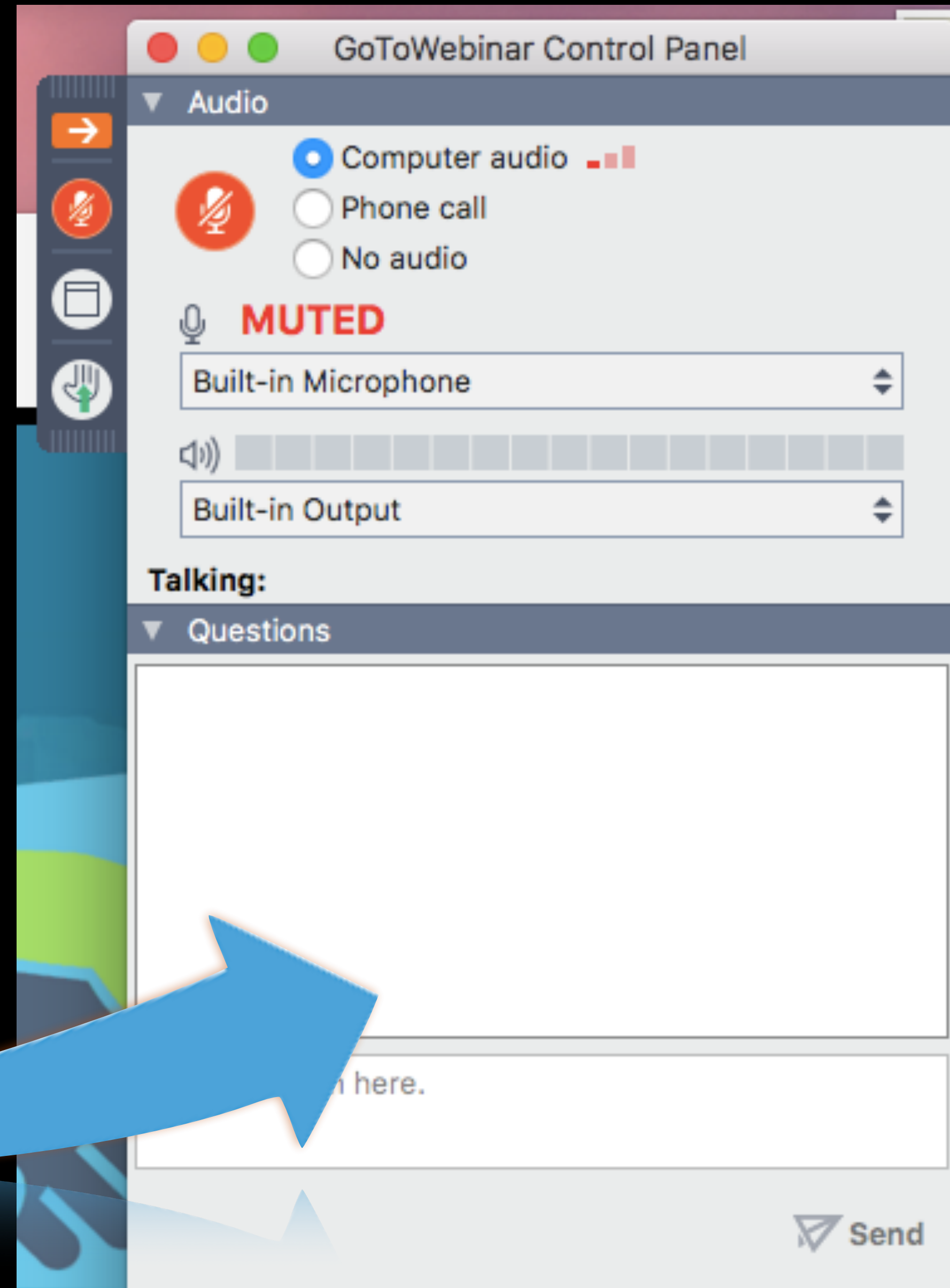
## Multiple Choice:

Q&A On Supported Decision Making

STAY HEALTHY AT HOME WEBINAR SERIES

SEPTEMBER 22, 2020 FROM 2 - 3 PM

TYPE YOUR  
QUESTIONS,  
COMMENTS,  
FEEDBACK  
IN THE  
QUESTIONS  
BOX





# INTRODUCTION

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- ▶ Erin Smithers, the Information/Referral Coordinator of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel



# TODAY, WE WILL DISCUSS:

- Supported Decision Making
- How To Pick Your Supporters
- How To Communicate Your Needs

## POLL:

WHEN YOU FINISHED HIGH SCHOOL YOU :

- Took A 'Gap Year'
- Started College
- Took Independent Classes
- Started Work
- Other



POLL:

YOU GET A BAD HEADACHE AND START TO FEEL SICK.

DO YOU:

- Go to the ER
- Take Medicine
- Make a Doctor's Appointment





# THINK ABOUT THE CHOICES YOU MAKE.

Who 'approves' them?

Do you have full control over your choices?

Who has input into your choices?

SUPPORTED  
DECISION MAKING

101

# Supported Decision Making

Supported decision-making (SDM) allows individuals with disabilities to make choices about their own lives with support from a team of people they choose.





# An Introduction to Supported Decision Making

“SUPPORTED DECISION MAKING IS ONE MORE ALTERNATIVE, ANOTHER TOOL IN THE TOOLBOX, AND WOULD BE THE LEAST RESTRICTIVE OPTION, ENABLING PEOPLE TO USE THEIR OWN SUPPORT SYSTEMS AND FAMILY TO OBTAIN INFORMATION AND MAKE DECISIONS INSTEAD OF HAVING SOMEONE ELSE MAKE DECISIONS FOR THEM.”

Supported Decision  
Making can be  
tailored to fit any  
lifestyle!



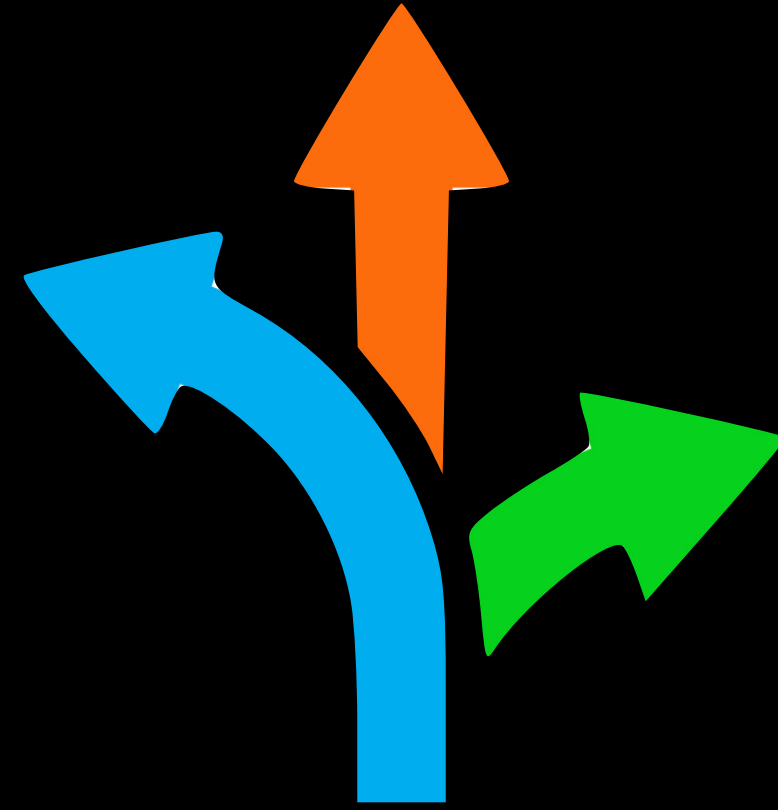


# 3 WAYS TO INCORPORATE SDM

- As part of a support structure
- An alternative to Guardianship
- In conjunction with Guardianship



# Part of a Support Structure



Learn how to make decisions by seeking information and understanding your choices and the consequences.

# An Alternative to Guardianship



Instead of a guardian making your choices you are giving a support system to help you make your own decisions.



# In Conjunction with Guardianship

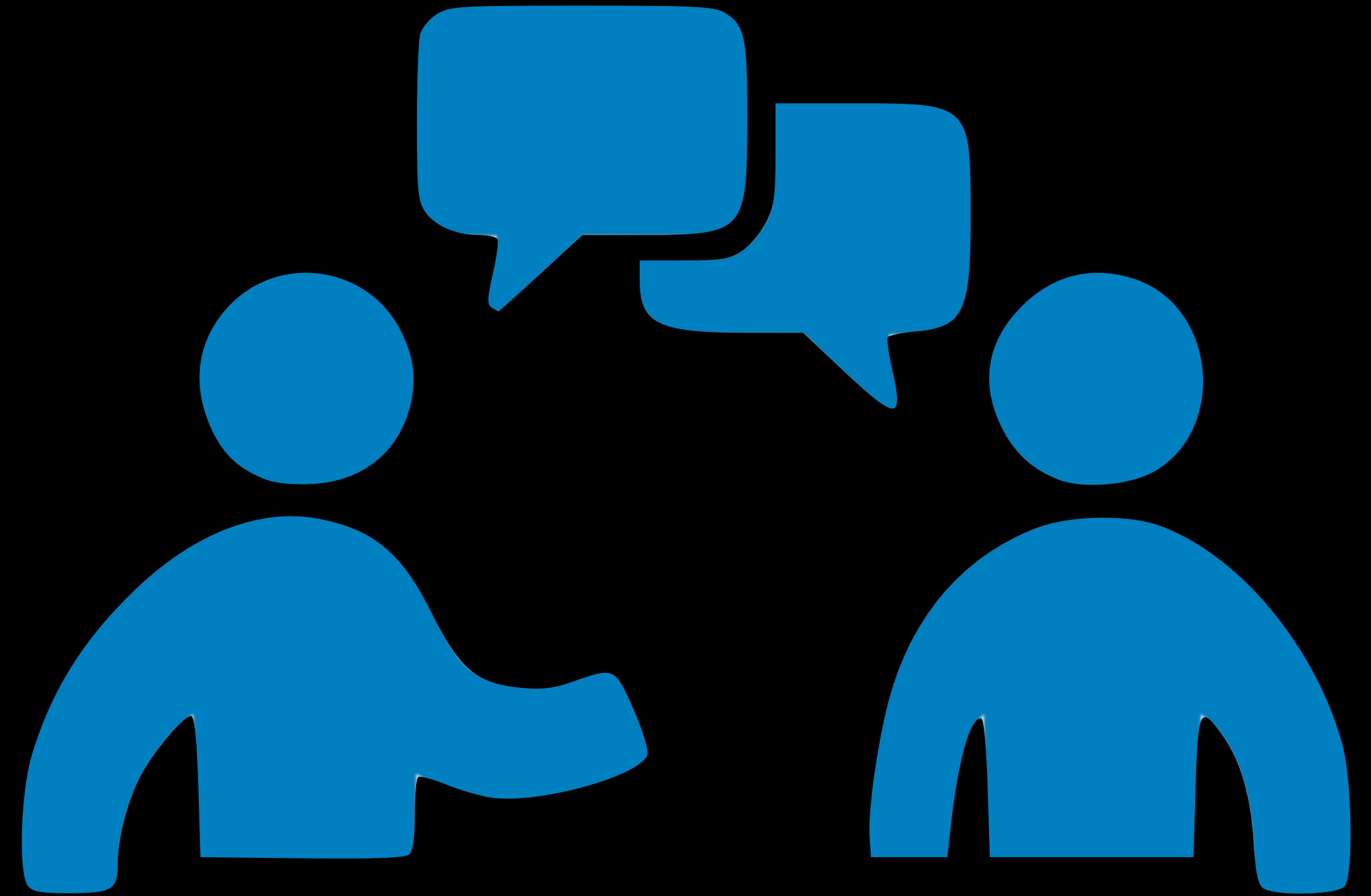


Along with your Guardian you learn how to make informed decisions and together you make these choices.

# HOW TO PICK YOUR SUPPORT GROUP

# Your support group could include:

- Family
- Friends
- Staff
- Doctors or Nurses
- Professionals



# Your support group *should* include:

- Trust
- Communication
- Honesty
- Confidence





# Tools for SDM

- Plain Language
- Extra Time
- Role-Playing
- Making Lists
- Visuals
- Assistive Technology



# Assistive Technology

- Apps
- Computer programs
- Smart Speakers



COMMUNICATION







SDM does not work if you do not talk about your decisions and ask for support!

Be prepared to  
remind people  
that you can make  
your own choices.



HOW TO GET  
STARTED

ADVOCATE!



# Blueprint for SDM

- Identify areas where support is needed
- Choose the supporting team
- The supporters commit to providing unbiased, quality assistance
- An agreement is executed



# Blueprint for the Support Team

- Someone Trusted
- Someone Who Knows You
- Provides Unbiased Information
- Abides By Your Will
- Respects Your Autonomy
- Create A Network
- Promotes Self-Determination

# Quick Tips:

- Listen, Think, and Listen Again
- Identify Opportunities and Challenges
- Put It In Writing



EXAMPLES OF  
SUPPORTED  
DECISION MAKING

AT THE DR'S OFFICE

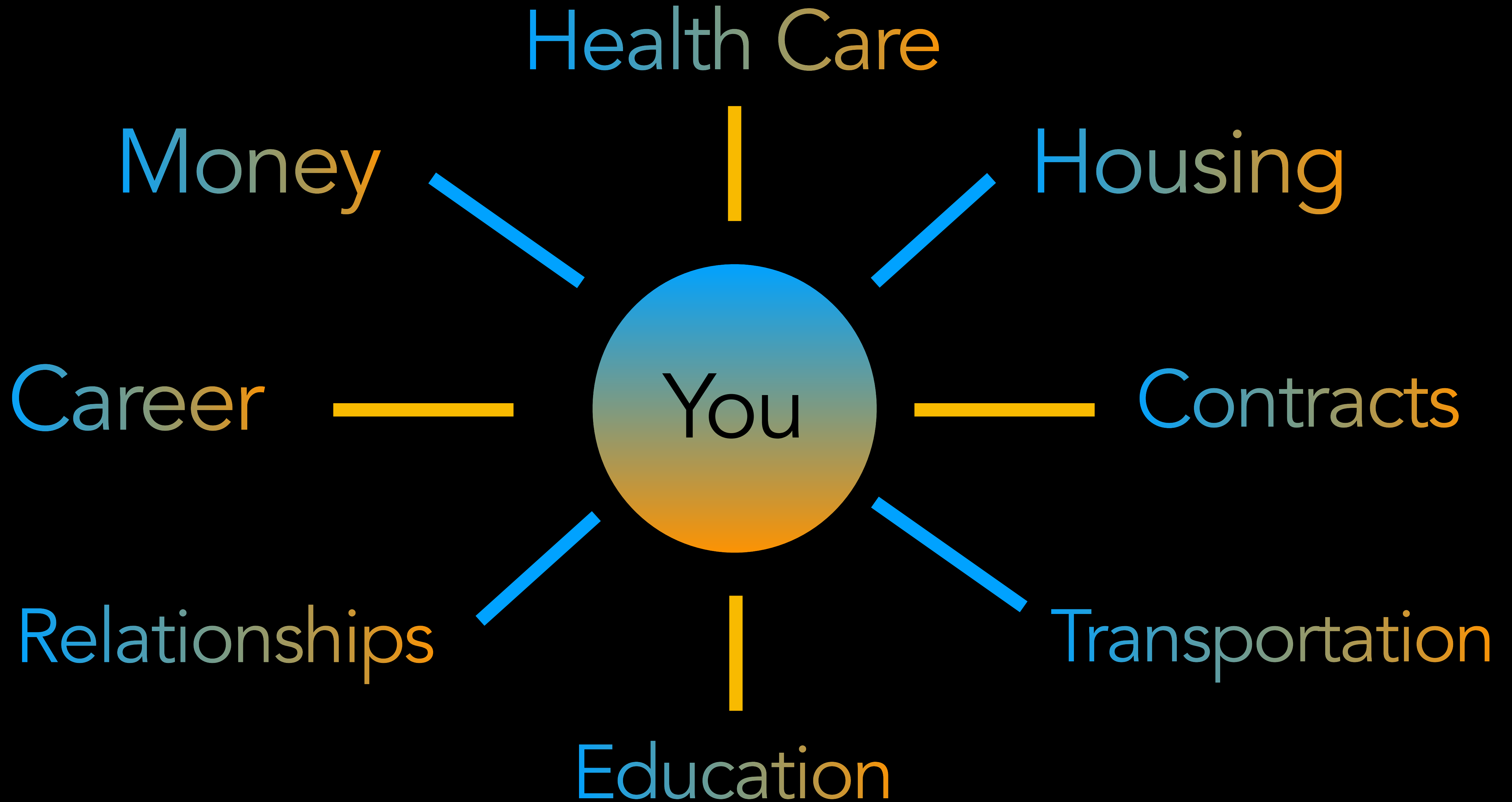


**How does Supported Decision Making  
work at the Doctor's office?**

WITH RECREATION



HOW TO MAKE SDM  
WORK FOR YOU



# Remember

- Advocate For Yourself
- Choose Your Support Wisely
- Educate Yourself
- Make Your Own Decisions








# Resources

- ▶ NJSAP: <http://www.arcnj.org/programs/njsap/>
- ▶ NJSAP Webinars: <https://www.arcnj.org/programs/njsap/webinars.html>
- ▶ NJSAP Youtube: [www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)
- ▶ NJSAP HLP: [www.HealthyLifestylesProject.org](http://www.HealthyLifestylesProject.org)
- ▶ Center for Public Representation: <https://supporteddecisions.org/about-supported-decision-making/>
- ▶ National Resource Center for Supported Decision Making: <http://www.supporteddecisionmaking.org>
- ▶ Support My Decision: <http://supportmydecision.org>
- ▶ DRNJ Community Inclusion: <https://www.drnj-covid.org/community-inclusion>
- ▶ The Arc of Indiana Supported Decision Making: <https://www.arcind.org/future-planning/supported-decision-making/>
- ▶ The Arc of NJ Family Institute SDM Resource Page: <https://www.thearcfamilyinstitute.org/resources/guardianship-go-bag.html>
- ▶ National Disability Rights Network: <https://www.ndrn.org/resource/supported-decision-making-and-health-care/>
- ▶ The Arc of North Virginia 3 Minute Webinar: <https://www.youtube.com/watch?v=wtRgd3MISvg>

# QUESTIONS?

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- ▶ Stay in touch: [ESmithers@ArcNJ.org](mailto:ESmithers@ArcNJ.org)
- ▶ **Phone & Fax:** 732-246-2525 x26
- ▶  [twitter.com/NJSAP](https://twitter.com/NJSAP) or @NJSAP
- ▶  Facebook: [https://www.facebook.com/  
NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
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