

How to use Supported Decision-Making (SDM) to Support People with Disabilities In Employment

- Set work goals or complete a dream board to show what the person wants work to look like
- Tell the boss about how a person learns, works, and communicates best
- Explore training and education to reach job goals
- Identify and ask for accommodations at work
- Use technology to help stay on tasks or set reminders



In Housing



- Identify best ways to communicate with landlord and tenant
- Help meet neighbors
- Sign and understand a lease and be notified of landlord contacts.
- Set up utilities.
- Find housing the person likes and set housing goals.
- Help with "to-do" lists to care for where the person lives.

In Health Care

- Go to appointments, take notes or record important information
- Simplify health information
- Identify how best a healthcare professional can communicate information - "plain language"
- Help write an Advanced Directive so the person's wishes are known



In Money and Finances



- Help make a budget
- Help set up and manage bank accounts, an ABL account, trust, or benefits
- Help with spending/saving
- Set financial goals
- Ask bank to set a maximum debit/withdraw amount

In Education

- Make a dream board for IEP team so the IEP goals and services help achieve future goals
- Attend and lead IEP meetings
- Choose who will come to meetings in support
- Ask for "I" statement IEP goals to develop personal skills
- Identify goals for independent living and SDM in IEP
- Identify needed accommodations at school
- Help review written IEP

