

SUPPORTED DECISION- MAKING (SDM) *In Hawai'i*

Hawai'i State Council on Developmental Disabilities



What is SDM?

Supported Decision-Making (SDM) is a way for people with disabilities to make their own choices with help from others. Instead of having someone make decisions for them (like a guardian), they get help to understand their options and make their own decisions.

How Does SDM Work?

1. **Pick Supporters:** You choose people you trust to help you make decisions. This could be family, friends, or professionals.
2. **Decide How They'll Help:** You and your supporters decide what kind of help you need, like explaining things to you or helping you talk to doctors or other people.
3. **Make the Decision:** With their help, you make the final decision. You stay in charge of your life.
4. **Change As Needed:** As your life changes, your SDM plan can change too.

Why SDM is Important in Hawai'i?

SDM is a great way to help people with disabilities stay in control of their lives. It allows them to make decisions with support, while still being independent and included in their community.

Key Ideas of SDM

Your Choices Matter: Everyone has the right to make decisions about their own life.

Getting Help is OK: You can ask people you trust, like family or friends, to help you understand and make choices.

Inclusion: SDM makes sure people with disabilities can be part of their community and live their lives the way they want.

Why Use SDM?

Stay Independent: You keep control over your decisions without needing a guardian.

Personalized Help: The help you get is just what you need and want.

It's Legal: Hawai'i recognizes SDM, meaning you can use it to make important decisions, like health care or money choices.

Contact

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