

# 6 steps to making a decision using Supported Decision-Making

## 2 Who can help you?

Think about people that you trust and who know and support your goals. Who might know more information about the decision you need to make? This could be family members, friends, teachers, doctors, or other people. These people can be your Supporters.

## 3 Ask for Support

Talk to your Supporters and ask them for help. They can help you think about your options, make a pros and cons list, or other ways to help you make a decision.

## 4 Make Your Decision

Using the information you learned from your Supporters, decide what you are going to do.

## 1 Identify the Decision

What is the decision that you need to make?



## 6 Review and Learn

Think about how your decision worked out. Are there things you would do differently next time? Are there things you would do the same? You can talk with your Supporters about this and use what you learned to help you make other decisions.

## 5 Act on Your Decision

Do what you decided to do. If you need help doing this, ask your Supporters for help.