

GET THE RIGHT HELP FROM THE RIGHT PEOPLE AT THE RIGHT TIME.

Everyone uses help from other people to make big decisions.

A Supported Decision-Making Agreement (SDMA) is a written agreement about how you will make your own decisions, using help from someone you trust and respect.

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SDMA

SUPPORTED DECISION-
MAKING AGREEMENTS



HOW DOES AN SDMA HELP?

An SDMA is a legal document. That means it can be used in court to help you get more control over your life.

Some things you can get help with are:

- getting a job
- spending money (like buying a car)
- where you live
- where you get health care
- friend and family issues.

You could use an SDMA:

- to show you do not need a guardian (an adult who makes your decisions)
- to make your own choices even if you have a guardian
- to get help parenting your children at home
- to make a plan for safe living after jail or prison
- to understand your plan of care.



DECIDERS AND SUPPORTERS:

WHO IS WHO, AND WHAT DO THEY DO?

An SMDA is an agreement between a **Decider** and a **Supporter**.

A **Decider** is the person using help to make a decision. A **Supporter** is a person the **Decider** would normally go to for help and advice about a situation.

You can have more than one **Supporter**, but there is only one **Decider**. A **Decider** chooses:

- who is going to help them
- what type of help they need
- and when they will ask for the help.

A **Supporter** is a person the individual trusts and respects to help. The **Supporter** agrees to:

- help the person
- what type of help they will give
- trust and respect the person's decisions.

*The **Supporter** does NOT make the decision. Only the **Decider***



TYPES OF HELP YOU CAN GET FROM AN SDMA

Supporters can help you in many ways, like:

- exploring different choices
- giving advice or suggesting ideas
- remembering important dates, meetings or events
- going with you to meetings or appointments
- helping you understand others
- and helping others understand you.

