

Self-Determination & Supported Decision-Making

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information, support, and education

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The Basics of Supported Decision-Making: Tools You Can Use

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Outcomes for today

- Learning about the supports you need to get the life you want
- Growing your self-confidence and telling others what you want
- A look at some tools to address decision-making concerns
- A look at some 'real life' examples on how to use the tools to support the life you want
- See how these same tools can be used for planning in your own lives

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Disability scoop, 8.26.21



Young adults with disabilities and their parents argue that health care officials, regional centers, and school districts need to foster more awareness about what it's like for youth with disabilities to transition to adulthood. Far too many families don't know what to expect, they said, or how to advocate for the services they need.

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Self-determination means making and communicating decisions



- Advocacy = The act or process of supporting a cause or proposal (Merriam-Webster)
- What was the last time you advocated in your life?

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Self-advocacy means.....



- Taking the initiative to speak up in your everyday life to improve your situation, change the story, or help someone else
- What does self-advocacy mean to you?
- We are going to put these on the board

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Why is self-advocacy important?



- Identifies what you want
- Helps build inclusiveness
- Helps change the community around you

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My experience with guardianship

- My first exposure to thinking about self-determination and that I needed to advocate for myself was when I got diagnosed.
- It made me really start thinking about how I want to make decisions about my life as an adult
- I applied to be a Youth Ambassador because I really enjoy advocating for people with disabilities like me and I want them to get the support they need to make decision throughout their lives.
- I wanted to get involved because I want to make sure people get the information they need, to make decisions



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Adult choices to make

- Choose who they want at a PCP
- Not be pressured to invite someone you do not want there
- Telling what you need in terms of supports
- Telling people when you like or, don't like something



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How is supported decision-making connected to self-determination?

- When someone is under guardianship, there is another person making decision for them
- This is the opposite of being self-determined
- Supported decision-making is when a person has a circle of supporters who help them make difficult decisions
- It helps to keep the decision-making power in the hands of the person but, they get support when they need it



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What Does the Law Say About Guardianships...

- Shall be utilized only as necessary to promote and protect the well-being of the individual...
- And shall be designed to encourage the development of maximum self-reliance and autonomy in the individual.

~Mental Health Code-Chapter 6



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Office of Special Education Training



- The student is presumed to be competent to act on their own behalf
- The district is presumed to have been, and is continuing to, educate the student to live a self-determined life
- School personnel should NOT try to persuade the parents to obtain legal guardianship over the student

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What is Supported Decision-Making anyway?



We all need supporters, helpers and consultants in our lives to make good decisions, whether we have a disability or not.

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Tools For Your SDM Toolkit



- Every toolkit needs to be tailored to that person's life
- It should reflect their culture, race and religion as well as those they choose for their circle of supporters
- It should reflect the person's skills talents and needs
- Above all else, it should reflect that person's trajectory for their own life

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Tools to determine who's in their circle, or who might need to be added

MAPPING RELATIONSHIPS

LEARNING ABOUT	Who serves in this role most?	Looking Ahead	Next Steps
Shares Love, Affection and Trust			
Spends Time and Creates Memories Together			
Knows about Personal Interests, Traditions, Customs			

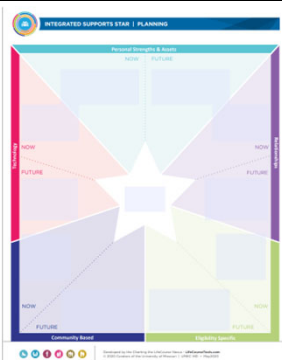
CARING FOR	Who serves in this role most?	Looking Ahead	Next Steps
Supports Day-to-Day Needs			
Ensures Material and Financial Needs are Met			
Connects to Meaningful Relationships and Roles			
Advocates and Supports Life Decisions			

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Tools to figure out where possible supports can come from



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Tools to show how live are becoming: more colorful!

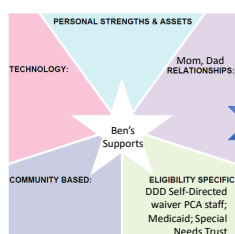
Integrated Schedule

My Name is: _____

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM - 6:30 AM							
6:30 AM - 7:00 AM							
7:00 AM - 7:30 AM							
7:30 AM - 8:00 AM							
8:00 AM - 8:30 AM							
8:30 AM - 9:00 AM							
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11:00 PM - 11:30 PM							
11:30 PM - 12:00 AM							

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Ben - BEFORE Integrated Supports

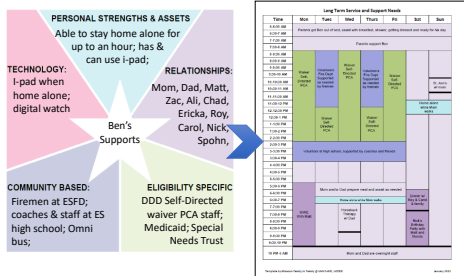


Long Term Service and Support Needs

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM - 6:30 AM							
6:30 AM - 7:00 AM							
7:00 AM - 7:30 AM							
7:30 AM - 8:00 AM							
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10:30 PM - 11:00 PM							
11:00 PM - 11:30 PM							
11:30 PM - 12:00 AM							

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Ben - AFTER Integrating Supports



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What are the main concerns people express?

Concerns involving:

1. Education
2. Safety
3. Medical Decisions
4. Finances
5. Communication
6. Sexuality
7. Legal



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Release of Information Forms

When signed by an adult with a disability, ROI forms authorize parents (and other allies) access to student records, medical information and legal proceedings. This helps to ensure quality and continuity of services and care and enhances the supported decision-making process.

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Assistive Technology (AT)

AT can make decision-making easier and help people live more interdependently in their communities.

A few examples:

- Medication management devices
- GPS technology
- Virtual assistants, like Alexa
- Remote monitoring and control of environment

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Legal Power of Attorney and Springing Power of Attorney

A power of attorney is a legal document in which you appoint an agent to make legal decisions on your behalf.

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Medical Power of Attorney

A medical power of attorney is a legal document in which you appoint an agent to make health care decisions on your behalf when you cannot make them for yourself.

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Advanced Directives

A Michigan advance directive is a document that lets a person select their end-of-life treatment options in the chance they cannot speak for themselves. This includes an agent that can be nominated to make health care decisions on the person's behalf in addition to treatment options and organ donation selections.

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Other Financial Supports

- Joint accounts
- Bill-paying services
- Automatic payment withdrawals
- Fiscal intermediaries

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Representative Payees

A representative payee is a person, agency, organization or institution the Social Security Administration selects to manage your benefits when it determines that you are unable to do so yourself or, direct others to do it for you.

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Trusts and Other Savings Accounts

• Special Needs Trusts

Individual

Pooled

MI ABLE



• ABLE Accounts

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Types of Communication

There are many ways we share information with one another. For some people with IDD, they share information in no traditional ways. They are communicating, we just need to get better at listening with our whole selves to what they are saying.

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Sexuality Education is Important for All









1. Getting Started

2. Gender Identity and Gender Expression

3. Different types of Relationships

4. Public and Private

5. Friendship

6. Communication

7. Decision-Making

8. Moving from Friend to Relationship

9. Internet, Social Media and Communications

10. Many roads to Relationships

11. Being in a Relationship

12. Has Your Relationship Gone Bad?

13. Body Parts

14. Caring for Your Body

15. Sexual feelings, Attraction and Acts

16. Communicating About Sex

17. Decision-Making About Sex

18. Challenges or Things That Can Go Wrong

19. Do You Want to Have Child?

20. Avoiding Pregnancy

21. Getting a Sexually Transmitted Infection

22. Final Class

Pre-and Post Evaluation

Free to participants

Participant should attend all 22 weeks

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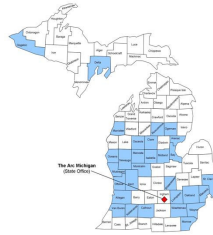
Resources

- Michigan Developmental Disabilities Council
<http://www.Michigan.gov/ddcouncil>
<https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/developmentaldisability/supported-decision-making/sdm-toolkit>
- Michigan Alliance for Families
<https://www.michiganallianceforfamilies.org/transition/>
- Special Needs Trust Information
<https://www.nolo.com/legal-encyclopedia/special-needs-trusts-30315.html>
- Joint Banking Information
<https://finance.zacks.com/put-restrictions-joint-bank-account-11439.html>
- Power of Attorney Information
<https://michiganlegalhelp.org/>

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Resources

- SSA Resources
<https://www.ssa.gov/benefits/disability/>
<https://www.ssa.gov/redbook/>
<https://www.ssa.gov/payee/>
- Work Incentives Planning and Assistance
<https://miwipa.org>
- MiABLE
miable.org
- State Bar of Michigan
<https://www.zackdweek.com/SBM>
- The Arc US
https://thearc.org/find-resources/?search_resource=&audience=searchAudience&type=searchtype&topic=family-support-and-future-planning



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The Wrap-up

- Develop strong advocacy skills
- Promote person centeredness in all you do
- Begin young and continue decision-making throughout life
- Tie people with IDD back into the ALL, be connected to your communities
- Don't be frozen in time: we all learn and grow throughout life
- Recognize what guardianship can and, can not do, it is not the only answer

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Thank you for your time and attention!
What questions do you have?

спасибо 谢谢
GRACIAS
THANK YOU
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We are here to support you!

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