

SUPPORTED DECISION-MAKING



- It is OK to take your time
- It is about what is important to you
- It is not about **if** we are capable, it is **how** we are capable
- We all learn and communicate differently
- Refusing to make a choice is **the** choice
- You have rights; don't trade them to get the support you need
- Authority; you have control over your decisions and your support
- Support; you decide the life you want and how to get there
- Responsibility; you are valued as a contributing member of community