



Supported Decision Making



KY-SPIN

Empowering individuals with disabilities and their families to lead the fulfilling, productive and rewarding lives they choose.

We embrace these core values as part of our vision:

Respect

Education

Dignity

Empowerment

What we do

Empower individuals to become an effective self-advocate

Provide “peer to peer” support to help others access and navigate needed information and resources

What we cannot do

Represent anyone in meetings as an advocate

Provide legal or financial advice, act as legal representative



Use the chat box to answer

Has anyone ever helped you
make a decision?

How did they help you?



Supported Decision Making is
someone assisting you so you
can make informed decisions.

They do not make the decision
for you.





Decision Making

Decision making is one area you may need assistance. Knowing what you should expect from the people assisting you, is just as important as the decisions you will make with them.

Supported Decision Making

You make the decision with the support of others.

Guardianship, Conservatorship, or Power of Attorney

These are legal agreements that allows one person to make certain decisions for you. The decisions they can make is based on what is within the legal agreement.

Individuals assisting you should:

- Act in your best interest
- Treat you with respect and dignity
- Uphold your civil, constitutional, or personal rights
- Honor your right to privacy and confidentiality
- Use a Person (You) Centered Approach
- Maximize your decision making opportunities
- Provide you access to information, help you understand your options, benefits, and risks
- Utilize Least Restrictive practices
- Promote your independence, self-determination, self-advocacy, and well-being
- Respect your right to relationships, personal preferences, cultural, ethnic, and/or religious practices, and values

Do you need help making decisions?



Identify Your Areas of Need



Identify Your Supporters



Identify Resources



Make a Plan



What is Supported Decision Making

Supported decision making is an alternative to guardianship. It is a way to support individuals with disabilities while they make their own informed choices.

Supported Decision Making involves individuals with disabilities utilizing a personal support system they help create to make decisions about their lives.



Identify Your Supporters

- Family
- Friends
- Teachers
- Religious Advisors



Identify Your Areas of Need

- Finances
- Self Care
- Medical
- Living Skills



Identify Resources

- Person Centered Plan
- KY-SPIN
- Kentucky P&A
- My Choice Kentucky

WWW.KYSPIN.COM[800-525-7746](tel:800-525-7746)SPININC@KYSPIN.COM

Identify Your Areas of Need



I can decide with no extra support



I need support with my decision



I need someone to decide for me



This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.

Name of Individual: _____

Name of person completing this form: _____

Relationship to individual (circle one): Self Family Friend Guardian Other: _____

How long have you known the individual? _____

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.



I can decide with no extra support



I need support with my decision



I need someone to decide for me



Daily Life & Employment

Can I decide if or where I want to work?			
Can I look for and find a job? (read ads, apply, use personal contacts)			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time? (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			



Healthy Living

Do I choose when to go to the doctor or dentist?			
Do I decide/direct what doctors, medical/health clinics, hospitals, specialists or other health care providers I use?			
Can I make health/medical choices for my day-to-day well-being? (check-ups, routine screening, working out, vitamins)			
Can I make medical choices in serious situations? (surgery, big injury)			
Can I make medical choices in an emergency?			
Can I take medications as directed or follow a prescribed diet?			
Do I know the reasons why I take my medication?			
Do I understand the consequences if I refuse medical treatment?			
Can I alert others and seek medical help for serious health problems?			
Do I make choices about birth control or pregnancy?			
Do I make choices about drugs or alcohol?			
Do I understand health consequences associated with choosing high risk behaviors? (substance abuse, overeating, high-risk sexual activities, etc.)			
Do I decide where, when, and what to eat?			
Do I understand the need for personal hygiene and dental care?			

Continue on back »



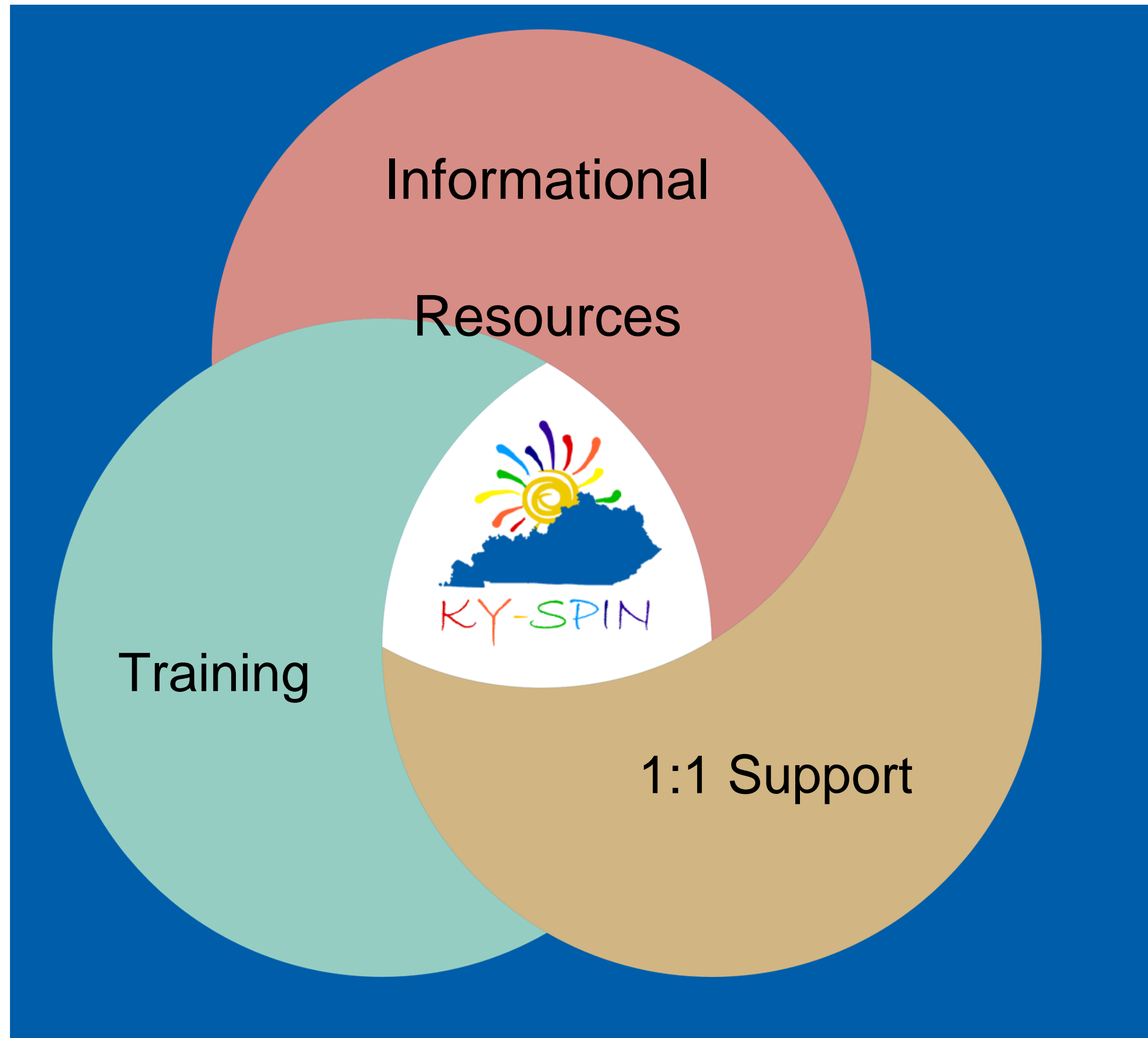
Identify Your Supporters

Who can you ask for advice?

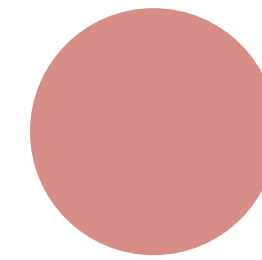


Examples: Family, Friends, Teachers, Counselors

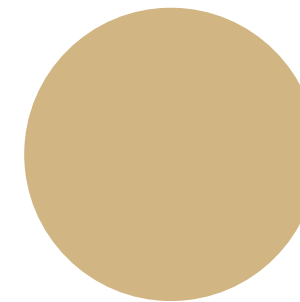
Identify Resources



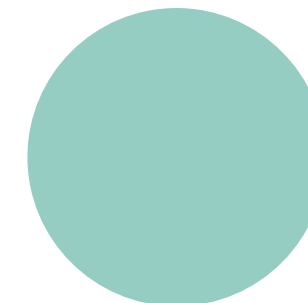
Youth Support



Informational
Resources



1:1 Support



Training

Youth Suite



Identify Resources

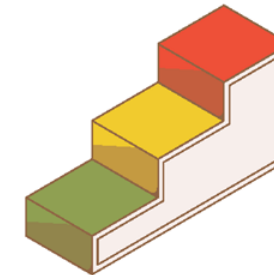


Your Individualized Education Program (IEP)



DECISION MAKING GOALS FOR THE IEP

Understanding that the choices you make can have both good and bad consequences is an important part of being an adult. Including goals for decision making skills is a valuable step towards readiness



I can understand the steps to effective problem solving.

By the end of the IEP cycle, the student will be able to identify a problem, brainstorm solutions, evaluate options, and reflect on outcomes with ____% accuracy.



I can identify and label my emotions and understand how emotions can influence decision making.

By the end of the IEP cycle, the student will be able to list what emotions impact their decision-making, and identify how that could impact the decision with ____% accuracy.



I can identify areas where I need assistance and seek help.

By the end of the IEP cycle, the student will be able to identify their own strengths, weaknesses, and seek guidance prior to decision making with ____% accuracy.



I can participate in developing a plan to meet personal and academic goals.

By the end of the IEP cycle, the student will make appropriate decisions on a daily basis as measured by self-evaluation and teacher observation.

Identify Resources



[My Choice Kentucky –
Supported Decision-
Making Options in the
Commonwealth
\(mychoiceky.org\)](http://mychoiceky.org)



[Supported Decision-Making |
National Resource Center
\(supporteddecisionmaking.org\)](http://supporteddecisionmaking.org)



[Alternatives to guardianship:
Decision-making support for
young adults with disabilities |
Exceptional Lives](http://ExceptionalLives.org)

Other Examples: Person Centered Planning,
Charting the Life Course (CtLC)

Make a Plan



Making a Decision

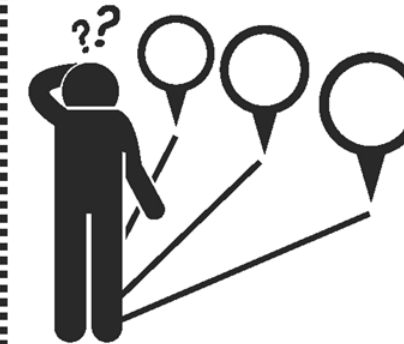
What is a decision you need to make this week?



What information do you have to help you decide?



Who can you ask for advice?



Immediate effects of my decision

Future effects of my decision



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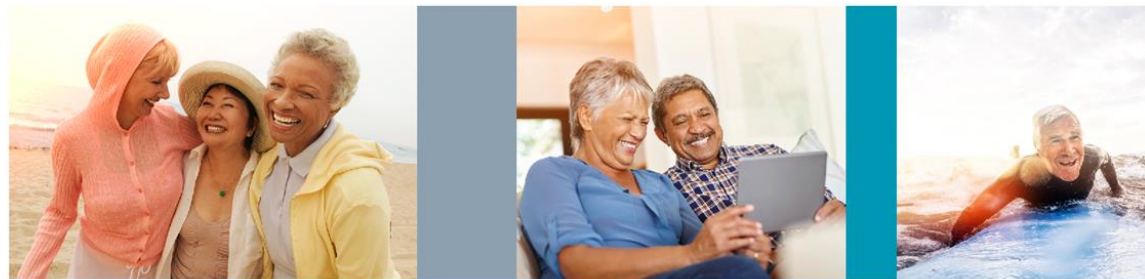
Additional Resources

- [Guardianship and Alternatives to Guardianship in KY \(KY P&A\)](#)
- [Guardianship Comparison Chart \(KY P&A\)](#)
- [KGA Guardianship Manual](#)
- [Tool for Exploring Decision Making Supports \(Charting the LifeCourse\)](#)
- [Independence Options Infographic](#)
- [Decision Making](#) (what you should expect from the people assisting you)
- [Guardianship Video](#)
- [Guardianship Explained Infographic](#)
- [KY-SPIN's Self-Advocacy Tips Infographic](#) or [Video](#)
- [KY-SPIN Self-Determination Infographic](#) or [Video](#)
- [KY-SPIN's My Transition Goal Plan](#)
- [KY-SPIN's My Transition Goals and Support Planning](#)
- [KY-SPIN's Transition Trifold](#)
- [KY-SPIN's Picture Transition Map](#)
- [KY-SPIN's Pre-Employment Transition Services \(Pre-ETS\) Infosheet](#)
- [KY-SPIN's Supplemental Security Income \(SSI\) Infosheet](#)
- [KY-SPIN's Housing Infosheet](#)
- [KY-SPIN's Transportation Infosheet](#)
- [KY SPIN Youth Talk Turning 18 What to Expect Video](#)
 - [KY-SPIN's My Transition Roadmap Infographic](#)
 - [KY-SPIN's What's in a signature Infographic](#)



[KY-SPIN's Youth/Adult Resources](#)

Upcoming Events



Social Security Disability Benefits

Everything you need to know.



Securing today
and tomorrow

A **FREE** workshop from Social Security.

- Information about disability benefits and the disability application process.
- How to use your personal **my Social Security** online account and other online services.
- What is Supplemental Security Income (SSI) and what are the eligibility requirements?
- What do you need to report when you receive SSI?
- What other Social Security programs are available, and who is eligible?

Your personal **my Social Security** account gives you immediate access to important information and tools.

Visit ssa.gov/myaccount to create your personal **my Social Security** account and print your *Social Security Statement* **before** attending the workshop.

SSA.gov

Social Security Administration | Publication No. 05-10078 | May 2024 (Prior edition may be used)
Social Security Disability Benefits
Produced and published at U.S. taxpayer expense

Speaker:

KY Area Public Affairs Specialist
Kay Tong

Event Coordinator:

KY-SPIN and Fort Knox EFMP

Location:

Virtual-MS TEAMS
Register for Event and the MSTEAMS link will be sent via email

Date:

November 4, 2024

Time:

12:00pm-1:00pm



Online Webinars

TRANSITION TUESDAYS

Building a Strong Foundation for Youth with Disabilities

WHEN: 4TH TUESDAY MONTHLY

START TIME: 9:30AM - 10:15AM EST

Sept 24, 2024 My IEP: Learning the Basics

Join Nick and Davis as they teach you, the students, what an Individualized Education Program (IEP) is, what the sections mean, and how to get involved in your education journey.

Oct 22, 2024 Supported Decision-Making

Join our guest, Laura Butler with HDI, as she explains Supported Decision-Making, and how to use it to make your own decisions.

Nov 19, 2024 Guardianship

Join Kentucky P&A to learn about guardianship alternatives and what guardianship actually means and how it might impact YOUR life! Presented by Camille Collins and Stephanie Willis.

Educators and students encouraged to attend!

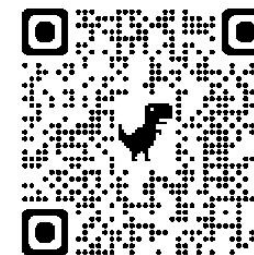
FOR MORE INFO:

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REGISTER HERE



<https://tinyurl.com/44vmynd3>



Zoom Virtual Webinar

LUNCH & LEARN

2nd Tuesday of each month

12pm - 1pm EST

KY-SPIN provides training, information, and valuable resources to individuals with disabilities, their families and professionals.

Schedule & Topics

November 12, 2024

Executive Functioning: Practical Strategies for Everyday Life

Presented by Lindsay Eubanks, Family & Community Field Training Coordinator at KY Autism Training Center (KATC)

This session will provide parents, caregivers, and educators with an introduction to executive functioning and how it impacts those with disabilities. Attendees will learn practical strategies and tools to help individuals improve their ability to organize their world and navigate it more independently. Topics include visual supports, time management, and emotional regulation techniques to help improve everyday functioning at home and school.

December 10, 2024

Parentally Placed in Private School/Homeschool in Kentucky

Join KY-SPIN to discover the difference between Home/Hospital Instruction (sometimes called homebound or NTI) through the public school system and parentally placed in private school/homeschool. We will explore the Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act of 1973 as amended, and the Individuals with Disabilities Education Act (IDEA) to learn what are your options and what can you expect from each related to students with disabilities.

One registration, attend monthly or just the ones you prefer (topics updated quarterly)

For more information contact:

Amber Hamm, Training and Outreach Coordinator

[CLICK HERE](#) OR SCAN TO REGISTER

✉ amber@kyspin.com
☎ 800-525-7746
🌐 www.kyspin.com

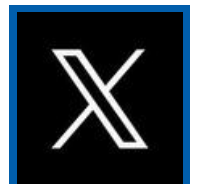


<https://tinyurl.com/5ytd8nen>

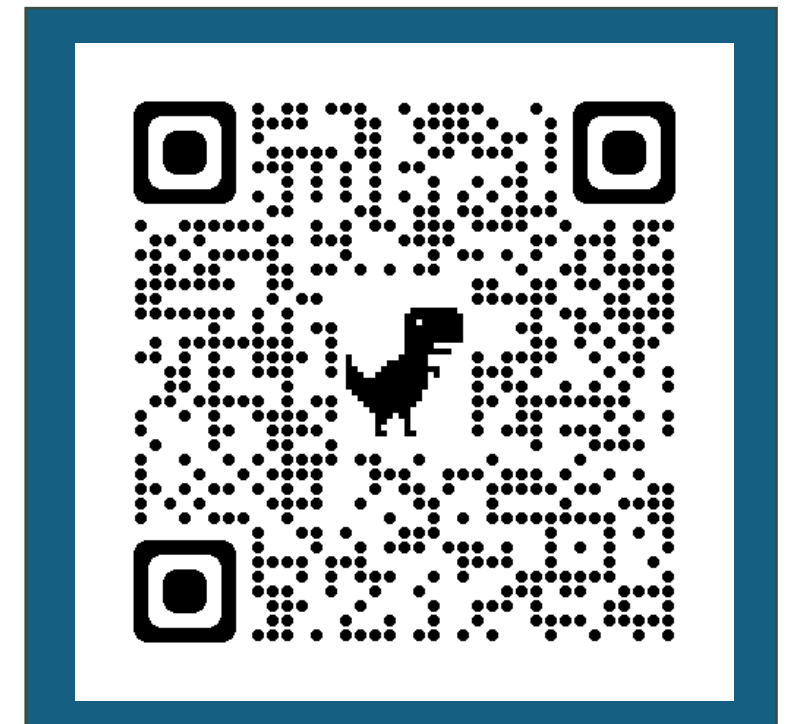




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our evaluation



<https://forms.gle/Nb8CT81nkcaYL8VVA>

Contact Us

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[Online Contact Form](#)

[KY-SPIN Resources](#) (Infographics, short videos & more)

[Youth Suite](#)

