



Paul V. Sherlock Center

On Disabilities / Rhode Island College

# Supported Decision Making

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# What is supported decision-making?



- What does it mean to make your own choices?
- Who helps you think about big or hard decisions?
- How can someone help you decide without choosing for you?



# SDM is an Alternative

Some other alternatives include:

- Durable Power of Attorney (POA)
- Living Will and MOLST (Medical Orders for Life-Sustaining Treatment)
- Rep Payee
- Trusts
- Joint Bank Accounts
- ABLE Accounts (Achieving a Better Life Experience)

# Why is it important?



- Why is it good for you to make your own choices?
- How does it feel when someone listens to your ideas?
- How does it feel if other people make all your decisions?

# Choosing Supporters?



- Who do you go to for help when making choices?
- Who listens to you and cares about what you want?
- How can you tell if someone would be a good supporter?

# What do supporters do?



- What can your supporter do when a choice is hard?
- Can someone explain things in a way that makes sense to you?
- Who can go with you to meetings or appointments?

# Setting Boundaries



- Do you have the final say about a decision?
- What should a support NOT do?
- What can you do if someone is not respecting your choices?

# Everyday Examples



- Who helps you decide what to buy?
- Who helps you understand forms or paperwork?
- Who can you talk to when you feel unsure about a choice?
- Who helps you with decisions around healthcare, like having surgery?
- Can a supporter share your decision on your behalf if that is what you want?

# Supported Decision-Making (SDM) Coalition

## Contact the SDM Coalition

- We help answer your questions
- We offer training and give presentations
- We can help you understand and make SDM agreements
- Check out the website for more information:  
<https://bit.ly/RI-SDM>
- Contact Kate Sherlock at [Kates@sargentcenter.org](mailto:Kates@sargentcenter.org).



# Any Questions?

Thank you!



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