

Person-Driven Support Worksheet

WHEN DO I WANT SUPPORT?

Check the boxes to say if you need support in each area, though not every category may be applicable to you. When you check the "I can do this with support" box, you should think about who you might want to support you, and write what kind of support you want. You can use the information in this form to help you fill out a Supported Decision Making Agreement.

	How much support do I need?	What kind of support do I want?	Who could help me?
Finances			
Paying the rent and bills on time (for example, cell phone, electricity, internet)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Keeping a budget so I know how much money I can spend	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making big decisions about money (for example, opening a bank account, signing a lease)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making sure no one is taking my money or using it for themselves	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Other:	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Health Care			
Choosing when to go to the doctor or the dentist	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		

	How much support do I need?	What kind of support do I need?	Who could help me?
Making medical choices in everyday situations (for example, check-up, medicine from the drug store)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making medical choices in serious situations (for example, surgery, big injury)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making medical choices in an emergency	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Understanding how health care costs are covered (for example, Medicaid, private insurance, etc.)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making choices about birth control or pregnancy	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Remembering to take medicine	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Other:	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		

	How much support do I need?	What kind of support do I need?	Who could help me?
Legal Matters			
Talking to an attorney if I need one	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Help understanding my rights	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Signing contracts and formal agreements	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Other:	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Education			
What classes I will take	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
What accommodations I need at school	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Deciding what college to attend or what to do after high school	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Other:	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		

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Work			
Choosing if I want to work	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Understanding my work choices	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Choosing classes or training I need to get a job I want, and taking these classes	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Applying for a job	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Going to my job every work day	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Knowing what accommodations I need at work and how to request them	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Understanding the employee handbook or work policies	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Other:	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		

	How much support do I need?	What kind of support do I need?	Who could help me?
Life Plan			
Choosing where I live	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Choosing who I live with	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Choosing what to do and who to see in my free time	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Keeping my room or home clean	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Finding support services and hiring and firing support staff	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
How to plan for an emergency	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Other:	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Other			
Telling people what I want and don't want	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		

	How much support do I need?	What kind of support do I need?	Who could help me?
Telling people how I make choices	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making sure people understand what I am saying	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Choosing what I wear	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Getting dressed	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Taking care of my personal hygiene (for example, showering, bathing, brushing teeth)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Choosing what to eat, and when to eat	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making safe choices around the house (for example, turning off the stove, having fire alarms)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Understanding and getting help if I am being treated badly (abused or neglected)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		

	How much support do I need?	What kind of support do I need?	Who could help me?
Making choices about alcohol and drugs	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Choosing if I want to date, and who I want to date	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making choices about sex	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Making choices about marriage	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Traveling to places I go often (for example, getting to work, stores, friends' homes)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Traveling to places I do not go often (for example, doctor's appointments, special events)	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Choosing who to vote for and voting	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
Other:	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		

Other:	<input type="checkbox"/> I can do this alone <input type="checkbox"/> I need some support <input type="checkbox"/> I need lots of help with this		
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Adapted from the ACLU, How to Make A Supported Decision Making Agreement

How do I like to make decisions? (Check the one you feel most describes you.)

- I like to talk to my friends and family first.
- I like to research and gather information about my options before I make a choice.
- It is hard for me to make decisions. Sometimes I feel stuck.
- I like to make lists and think about the pros and cons first.
- I listen to my gut and follow my own feelings.
- I rely on the experiences of others to help me make choices.
- I am driven to a decision by my values and goals.

What worries you the most?

What makes you feel the most happy?
