**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) | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Keeping a budget so I know how much money I can spend | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making big decisions about money (for example, opening a bank account, signing a lease) | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making sure no one is taking my money or using it for themselves | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Other: | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| **Health Care** |  |  |  |
| Choosing when to go to the doctor or the dentist | □ I can do this alone  □ I need some  support  □ 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) | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making medical choices in serious situations (for example, surgery, big injury) | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making medical choices in an emergency | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Understanding how health care costs are covered (for example, Medicaid, private insurance, etc.) | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making choices about birth control or pregnancy | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Remembering to take medicine | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Other: | □ I can do this alone  □ I need some  support  □ 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 | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Help understanding my rights | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Signing contracts and formal agreements | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Other: | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| **Education** |  |  |  |
| What classes I will take | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| What accommodations I need at school | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Deciding what college to attend or what to do after high school | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Other: | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
|  | How much support do I need? | What kind of support do I need? | Who could help me? |
| **Work** |  |  |  |
| Choosing if I want to work | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Understanding my work choices | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Choosing classes or training I need to get a job I want, and taking these classes | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Applying for a job | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Going to my job every work day | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Knowing what accommodations I need at work and how to request them | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Understanding the employee handbook or work policies | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Other: | □ I can do this alone  □ I need some  support  □ 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 | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Choosing who I live with | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Choosing what to do and who to see in my free time | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Keeping my room or home clean | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Finding support services and hiring and firing support staff | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| How to plan for an emergency | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Other: | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| **Other** |  |  |  |
| Telling people what I want and don’t want | □ I can do this alone  □ I need some  support  □ 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 | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making sure people understand what I am saying | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Choosing what I wear | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Getting dressed | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Taking care of my personal hygiene (for example, showering, bathing, brushing teeth) | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Choosing what to eat, and when to eat | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making safe choices around the house (for example, turning off the stove, having fire alarms) | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Understanding and getting help if I am being treated badly (abused or neglected) | □ I can do this alone  □ I need some  support  □ 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 | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Choosing if I want to date, and who I want to date | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making choices about sex | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Making choices about marriage | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Traveling to places I go often (for example, getting to work, stores, friends' homes | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Traveling to places I do not go often (for example, doctor's appointments, special events) | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Choosing who to vote for and voting | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Other: | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |
| Other: | □ I can do this alone  □ I need some  support  □ I need lots of help  with this |  |  |

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?

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What makes you feel the most happy?

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