

# MY LIFE, MY DECISIONS: A SUPPORTED DECISION-MAKING SUMMIT

For people with disabilities, caregivers and professionals

March 7 | 1-4 p.m. | University of Delaware STAR Tower Audion



## What is Self-Determination & Supported Decision-Making?

Self-determination means being in control of your own life and making your own decisions. A supported decision-making agreement is one way that you can be self-determined. Supported decision-making (SDM) is a tool that lets people with disabilities get help making choices in different parts of their lives. Supported decision-making is not guardianship. Guardianship assigns another person to make decisions for a person with a disability. Supported decision-making lets a person with a disability keep their right to make decisions about their life with help from people they trust.

## What will we do at the Summit?

Join *My Life, My Decisions: A Supported Decision-Making Summit* to learn more about supported decision-making and the resources that are available in Delaware. The summit will start with a panel discussion of people with disabilities and their supporters. It will be led by supported decision-making expert Jonathan Martinis. Next, you will have the opportunity to get advice from panelists and other mentors about living a self-determined life.

Please contact Ashley Steinbrecher at [ashstein@udel.edu](mailto:ashstein@udel.edu) or 302-831-4793 if you need accommodations.



## Is DART Paratransit available for this Summit?

Paratransit is available to coordinate rides for summit attendees. There will be a place for you to fill out your rider information when you register.

Scan this QR code to register for the Supported Decision-Making Summit or visit [cde.udel.edu/mylife](https://cde.udel.edu/mylife)