

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

For people with disabilities, caregivers and professionals

Breakout activity for families and caregivers

This breakout activity will ask the group to think about the level of support they provide to the people in their lives. This could include support across areas such as *health care, money, and personal life*.

Use the materials and discussion prompts on the [My Life. My Decisions. Summit webpage](#) to complete this breakout activity. See below for step-by-step instructions and activity tips.

Before getting started with your breakout activity:

1. Assign attendees to different tables. Try to have small discussion groups of ten people or less.
2. Have at least one event staff member or one person with lived experience to help lead the group discussion.
3. Begin by talking about the summit panel discussion recording. Discuss some of the main themes like self-determination.
4. Start the group conversation. Visit the Summit-Related Resources webpage for sample discussion prompts.

Steps for leading a breakout activity for families and caregivers:

1. Pass out the *Self-Determination Planning Tool* to your group.
2. Ask people to complete at least one section of the tool.
3. Ask attendees to reflect on the ways they provide support. Use the summit discussion questions to help start this conversation!