

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

For people with disabilities, caregivers and professionals

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## Breakout activity for people with disabilities

This breakout activity asks each person to think about how they make decisions in different areas of their life. This could include decisions about *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 people with disabilities:

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