
Panel Discussion Introduction

You are about to watch a recording from the *My Life, My Decisions: A Supported Decision-Making Summit* held on March 7, 2024. This event was for people with disabilities, family members, caregivers, and professionals in Delaware to learn more about topics like supported decision-making (SDM) and self-determination.

The recording begins with an introduction to supported decision-making presented by Jonathan Martinis.

After the presentation, a panel discussion begins. This panel features Alyssa Cowin, Arte Mays, James Volk, Jessica Davenport, and Laurel McGarry. During this discussion, each panelist shares their story about the importance of making decisions and living self-determined lives.

Some other topics that you will hear throughout this discussion include:

- Why is it important for people to make decisions?
- What can you do if you come across challenges when making decisions?
- Who makes a good support person?
- Who can you go to for advice or help when making decisions?
- What is some advice that you would give to people about making their own decisions?

Check out our “Meet the Panel!” resource on the [My Life, My Decisions Summit webpage](#) to learn more about each panelist. ↩

This recording is 1 hour and 40 minutes long and includes Q&A with Summit attendees. Feel free to pause the recording at any time to reflect with your group.