



My Choice Kentucky: Making Decisions in Healthcare

What is Supported Decision-Making (SDM)?

Supported Decision-Making (SDM) is the practice of using trusted friends, family members, and professionals to help make decisions. Different people need different levels of support to help them make decisions. Some people might choose to create formal SDM teams to help them explore the pros and cons involved with each option when they need to make a decision. The team can help explain the situation to the decision-maker in a way that he or she can understand. The use of SDM teams can allow the decision-maker to make a fully informed decision.

For more information about supported decision-making, please visit:
www.mychoiceky.org or www.supporteddecisionmaking.org

How can Supported Decision-Making (SDM) be used in the healthcare setting?

All people deserve a say in choices about their medical care. Even people who have been appointed a legal guardian should be part of the decision-making process. SDM team members can facilitate discussion between medical professionals and patients who may have different communication styles. The use of SDM in the medical setting ensures that patients with disabilities have a full understanding of the decisions that need to be made and are meaningfully involved in the informed consent process.

How to use this tool?

This tool can be used to help make the process of a blood draw more concrete for patients, as it illustrates the steps involved in the procedure.

Health care providers can use this tool:

- With patients during a clinical encounter to teach them about the procedure
- As a resource or teaching tool for patients/supporters to use at home

The tool is available in multiple formats at <http://www.mychoiceky.org/toolkit/>, including:

- Flip-book with one frame per page
- One-page PDF handout
- Video with voice-over