



My Choice Kentucky: Making Decisions in Dental Care

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 dental care. Some people communicate in different ways, but they are capable of understanding information and need to be the decision-makers regarding their care. SDM team members can facilitate discussion between dental professionals and patients who may have different communication styles. The use of SDM in the dental setting ensures that patients have a full understanding of the decisions that need to be made and are meaningfully involved in the informed consent process.

For more information about alternative forms of communication:

- Visit- mychoiceky.org/toolkit or scan the code below.



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