

Visual Resource Gallery



Supported Decision-Making

TN Council on DD
bit.ly/STEPsdm01
National SDM Center
bit.ly/STEPsdm02
National Parent Center
bit.ly/STEPsdm03



Education

IDEA 45
bit.ly/STEPsdm04
STEP Parent Training Center
bit.ly/STEPvid05
Wrightslaw
bit.ly/STEPsdm06



Money and Budgeting

Plan a Perfect Life Manual
bit.ly/STEPsdm010
Plan a Perfect Life Activity
bit.ly/STEPsdm011
Youth Financial Management
bit.ly/STEPsdm012



Safety

Teen Emergency Preparedness
bit.ly/STEPedu016
Online Safety for Youth
bit.ly/STEPsdm017
TN Comm Aging and Disability
bit.ly/STEPsdm018



Medical

Youth Health Care Planning
bit.ly/STEPsdm022
PACER Health Plan for Youth
bit.ly/STEPsdm023
Youth Health Advocacy Videos
bit.ly/STEPsdm024



Transportation

Special Education Rights
bit.ly/STEPsdm025
Assessment Guide
bit.ly/STEPsdm026
TN Public Transit Services
bit.ly/STEPsdm027



Adult and Community Services

TN DHS - Disability Services
bit.ly/STEPsdm031
Social Security Administration
bit.ly/STEPsdm032
Department of Intellectual and Developmental Disabilities (DIDD)
bit.ly/STEPsdm033



Technology

DIDD Tech Program
bit.ly/STEPsdm07
Assistive Tech for Teens
bit.ly/STEPsdm08
TN Technology Access Center
bit.ly/STEPsdm09



Housing

Adult Housing Options
bit.ly/STEPsdm013
TN Housing Agency (THDA)
bit.ly/STEPedu014
HUD Fair Housing
bit.ly/STEPsdm015



Legal

TN DOE Legal Resources
bit.ly/STEPsdm019
Office of Civil Rights (OCR)
bit.ly/STEPedu020
Disability Rights TN
bit.ly/STEPsdm021



Disability Awareness and Self-Advocacy

Youth Self Advocacy Videos
bit.ly/STEPsdm028
Disability Awareness
bit.ly/STEPsdm029
Self Advocacy Best Practices
bit.ly/STEPsdm030



Independence

Adolescent Autonomy Checklist
bit.ly/STEPsdm034
Independence Videos (Youth)
bit.ly/STEPsdm035
Skill Building for Youth Videos
bit.ly/STEPsdm036

Decision Making 101

One Decision Leads to Another

It's never too early or too late to start helping people, at any age, to make their own decisions. And, if you believe--as STEP hopes you do!--that people with disabilities should have the same opportunities to make important life decisions, then this guide will help make that a reality. Very few of us make decisions by ourselves. We turn to those people in our lives--our parents, siblings, friends, people we know that have faced similar decisions--who we trust, to help us consider the pros, cons, and consequences of each decision.

Two Laws that Work Together and Impact Decision Making

Least Restrictive Environment

Least Restrictive Environment (LRE) is most often used when talking about where a child or youth will receive their education. The Individuals with Disabilities Education Act (IDEA) requires the school team, which includes the parents, to consider the general education classroom at the child's zoned school first. The least restrictive environment for each person, in school and in adulthood, is the place the **person chooses** to live, play, work, and learn.

Decisions about inclusive education often impact an individual's future independence and opportunities.

Supported Decision Making

Supported Decision-Making (SDM) is a way for people with disabilities to keep the right to make their own decisions. Tennessee passed a law in 2019 that says we should try the least restrictive options before taking away a person's rights. Before taking the very serious step of removing someone's rights through a legal process like conservatorship, STEP would like you to consider SDM; consider helping a person make a decision, instead of making it for them; and help them choose people they trust who can help them understand the important issues involved in those decisions.

Decision Making 101

Least Restrictive isn't just about kids in school; it's about people throughout their lives.

The individual's **VOICE** and **CHOICES** should increase over time.

	Infant/Toddler Birth - Preschool	Elementary Grades K - 5	Middle School Grades 6 - 8	High School Grades 9 - 12	Beyond High School
Decision Makers and Decision Supporters	Parent/Caregiver Other family members Physicians Service Providers	Parent/caregiver Child Teachers	Parent/caregiver Child Teachers	Young person Parent/caregiver Teachers	Individual/Adult Trusted friends Family /co-workers
Increase the types of decisions or choices the individual can make	Food choices Games/toys Other preferences of what they like or don't like	Bedtime Activities with friends Social media interactions	Classes to take Friends to hang out with Sports/afterschool clubs Musical instruments	Career path Romantic partners Transition/IEP planning Post-secondary options	Housing/college Wellness/leisure Social interactions
Places where you receive services and spend time	Daycare Center Preschool Early Learning Early Intervention	School Home Afterschool programs	Classroom Community	At school In the home In the community On the job	On the job In the home/rental College

What If Decisions Being Made Put a Person at Risk?

Many families believe that the only way to make sure their son or daughter with a disability is "safe" in school or in the community is to restrict their decision making by taking away their rights.

We all make choices that may not be in our best interest. For example: eating pizza and chocolate every night and no vegetables! There are situations where we may feel the need to limit decision making for the individual, such as life-threatening situations which put them or others in danger or at risk of exploitation; decisions about medical procedures or signing financial commitments. These are very tough discussions to have and are perfect examples of why we promote supported decision making.

There is a continuum of supported decision-making options that can be explored. They range from no help with decisions to totally taking away a person's rights, with many other options in-between. To learn more about this important topic, contact the STEP offices or your STEP Regional Coordinator.

Allowing a person to participate in **choice** and **decision making** — at any age — with whatever level of support they need, is the **least restrictive**, and **most empowering** gift for each individual.