

Supported Decision Making and Your Health

National Disability Rights Network

The National Disability Rights Network (NDRN) has resources and information for health advocacy and supported decision making to support your health care decisions.

According to the NDRN, *Supported Decision Making (SDM) is an approach to decision making for persons with disabilities to help them make a decision in any area of their lives. SDM involves the use of one or more persons acting as a "supporter" to assist the person with a disability understand, analyze, and if necessary to communicate a choice or decision about any area of life, including in medical care and treatment.*

Explore the articles below for more information on SDM and health care choices.

Articles on Supported Decision Making and Your Health

[Supported Decision Making and Health Care](#)

[Using Supported Decision Making with your Doctor: Frequently Asked Questions for Persons with Disabilities](#)

[Using Supported Decision Making in Health Care: Frequently Asked Questions for Persons with Disabilities, Family Members, Friends, and Supporters](#)

[Using Supported Decision Making in Health Care; Frequently Asked Questions for Medical Professionals](#)

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