Sam's Supported Decision-Making (SDM) Plan

By, Sam

Date: June 25, 2024

My Support People are Mom, Dad, my brother, Bobby, my doctors and my pharmacist.

I will review this plan with Mom and Dad each year on my birthday, March 28, and on Bobby's birthday, August 20.

What I want help with	What I do by myself	My Plan: What I want help doing and the resources and tools we will use.
Doctor Appointments	I can sign in at the reception window when I get to the doctor's office.	• I want Mom to help me practice calling the doctor's office to schedule my appointments. We can use the "Making an Appointment" worksheet from AASPIRE • I will put the appointments on my phone calendar and the wall calendar in my bedroom. Mom can double check it. • Before I go to an appointment I will talk with Mom about the reason for this appointment. Mom will help me fill out Ask Me 3 and My Health Report. • After each appointment. I will tell Mom and Dad what I learned. We will use Getting the Most out of your Healthcare, from Autism Society of North Carolina ASNC • I will tell my doctors about the Toolkit for Primary Care Providers from the Center for Inclusive Health • I want Dad to help me learn how to take the bus so I can go to my doctor's appointments by myself sometimes.

My Medicines	I use my cell phone calendar for reminders. I take my medicines when my mom reminds me. I have a list of my medicines in my wallet.	• Mom will buy an automated pill dispenser online and I will ask my pharmacist how to help me learn to use it. • Mom will help me read "How do I talk to my Doctor" from the Florida Center for inclusive Communities. • I will talk to the pharmacist about my medicines when they are refilled so I can learn what they are for and how much to take. • I will talk with my doctors about my medicines at every medical appointment. • I will keep a list of my medicines on my phone.
Health Emergencies and Making Important Health Decisions	I can answer some questions about my health, but I need help with some of the words and my history.	• Mom will get me a medical ID bracelet from Amazon. • I will wear a medical ID bracelet and keep a medical alert card in my wallet, so I always have my important health information with me, in case of an emergency. • I want my family to help me with big decisions, like if I need surgery or need to go to the hospital. • I will learn about what a Healthcare Power of Attorney is. When I turn 18, I want Mom to be my Healthcare Power of Attorney. • I want to look at the Work Together NC Healthcare Transition Action Planning Resources to learn about what steps I may need to take when I turn 18.
Keeping track of my Health Information	I can tell the doctor about some of my health needs and habits, but don't	• Mom will help me read Rethinking Guardianship NC's Monitoring and Communicating About Your Health Resource Guide. • Mom will help me set up a binder with my health records.

	remember all the important things.	• I will go over these papers with her, so I know what's in my file. • Mom will help me fill out My Health Passport, so I have a central place for important health information. I will update this after each doctor's appointment. • I will ask my doctor to explain things so I can say it back and make sure I understand it.
Money	I can spend my own money but not really if it's more than $50	• I want Dad to help me learn how a credit card works. Dad will help me look at the Money Smart Toolkits at the FDIC. • I will learn about what a Power of Attorney is. • I will ask Dad about how my ABLE account works.
Dating	I had sex ed classes in high school. I know Mom and Dad are nervous about me dating.	• Bobby will help me explore the The Birds and the Bees website. • I will ask Bobby my questions about dating: things to do, things not to do. • Maybe I can go on a double date with Bobby and his fiancée. • I will ask Mom and Dad to help me read about Healthy Dating Relationships
When I turn 18, I will:		• Take the "Got Transition Readiness Quiz" • Follow the steps in my Healthcare Transition Action Plan from Work Together NC

		• I want Mom to become my Healthcare Power of Attorney so she can continue helping me with big health decisions and checking that I'm doing things properly. • I will sign the NC Privacy Release Form so Mom can see my health information and talk to my doctors. • I want Dad to become my Power of Attorney so he can help me with big money decisions and make sure I don't make mistakes. • Talk to Mom and Dad about my health insurance. Mom and Dad can read this report about it, called Overview of Health Insurance for People with Intellectual Disabilities.