

Supported Decision-Making for/with Transition-Age Youth/Young Adults Self-Assessment Form



Name(s): _____ District/School: _____ Date(s): _____

Instructions: This form is designed for use by individuals and those who know and care about the individual. It is not a comprehensive list; it simply serves to provide a “snapshot” of one’s current level of independence and/or support needs and who, when, and how support strategies are provided to maximize independent living and personal autonomy.

Indicators (Subset of Key Indicators)	Support Needs/Strategies					
	No Support	Supported	Who	When	Where	How
<i>Personal Autonomy</i>						
▪ I can inform others about my daily living needs						
▪ I can make decisions about my support needs						
<i>Sharing About Me, Disclosure</i>						
▪ I can share information about myself to others						
▪ I can share information (when, who, how much)						
<i>Personal Health & Safety</i>						
▪ I can make decisions about my body & health						
▪ I can inform others when I am sick and need help						
<i>Community Access & Engagement</i>						
▪ I can decide where and when I want to go places						
▪ I can seek assistance to get where I want to go						
▪ I can safely explore my community, surroundings						
<i>Employment, Career Awareness</i>						
▪ I can inform others know about work preferences						
▪ I can follow work routines, schedules, regulations						
▪ I can ask for help on the job or elsewhere						
<i>Financial Support, Stability</i>						
▪ I can manage my money and financial health						
▪ I can make necessary purchases, payments						
<i>Relationships, Family, Friends, Others</i>						
▪ I can decide who to spend time with and when						
▪ I can decide where I want to live and with whom						
▪ I can decide if/when I want/need to avoid others						

Self-Assessment Form Guidelines

Intended Use(s) of Form:

- The purpose of this form is to provide the individual and others with a guide for determining the level of support needed for specific decision-making and who, when, where, and how support will be provided
- This form is not a comprehensive listing of an individual's support needs but simply a "snapshot" or view of key indicators of daily support focused on facilitating personal autonomy and independence
- Users of this form may want to pursue information from *LifeCourse Tools* or *Charting The LifeCourse* or other resources for more comprehensive or detailed listing of indicators of daily support and measures for to enhance personal autonomy

General Guidelines:

- This form can be completed individually or by/with others who know and care about an individual to identify support needs and a plan for support
- Identified support strategies should be reviewed regularly in order to determine relevancy, general need, acceptable alternatives, improvements, and ways in which to better promote personal autonomy and choice-making

References

Curators of the University of Missouri (2020), LifeCourseTools.com, Developed by the Charting the LifeCourse Nexus

Shrogren, K. A., Wehmeyer, M. L., Martinis, J. & Blanck, P. (2019). *Supported decision-making: Theory, research, and practice to enhance self-determination and quality of life*. New York, NY: Cambridge University Press.

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