



# My Choice Kentucky

## What is Supported Decision-Making?

Supported decision-making is just a way to describe the way we all make decisions every day. It means that people turn to trusted friends, family members, and professions to help them make decision, both large and small.

Supported decision-making can be used as an alternative to legal guardianship, but can be used in any person's life.

For more information about supported decision-making, please visit:  
[www.mychoiceky.org](http://www.mychoiceky.org) or  
[www.supporteddecisionmaking.org](http://www.supporteddecisionmaking.org)

## Who are guardians in Kentucky?\*

Family Member: 65%  
Public: 28%  
Friend: 3%  
Other: 4%

\*Based on NCI data 2017/18

## How do I get started?

- Identify important people in your life.
- Decide what level of support you need.
- Think about your plans and goals. Consider making a vision board if you're having trouble getting started.
- Contact us at My Choice Kentucky.

## People who do not have guardians are\*

- More likely to be employed
- More likely to have friends
- Less likely to report being lonely
- Less likely to take pschotropic medication

\*NCI data comparing people were reported to have a mild intellectual disability.

## Supported Decision-Making Resources

- National Resource Center for Supported Decision-Making:  
[www.supporteddecisionmaking.org](http://www.supporteddecisionmaking.org)
- Kentucky Protection & Advocacy:  
[www.kypa.net](http://www.kypa.net)
- Autistic Self Advocacy Network:  
[www.autisticadvocacy.org](http://www.autisticadvocacy.org)
- My Choice Kentucky:  
[www.mychoiceky.org](http://www.mychoiceky.org)

Project Partners:



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