

Informed Decision Making

An Introduction to
Informed Decision Making
w/
Interhab

John Raffaele LMSW

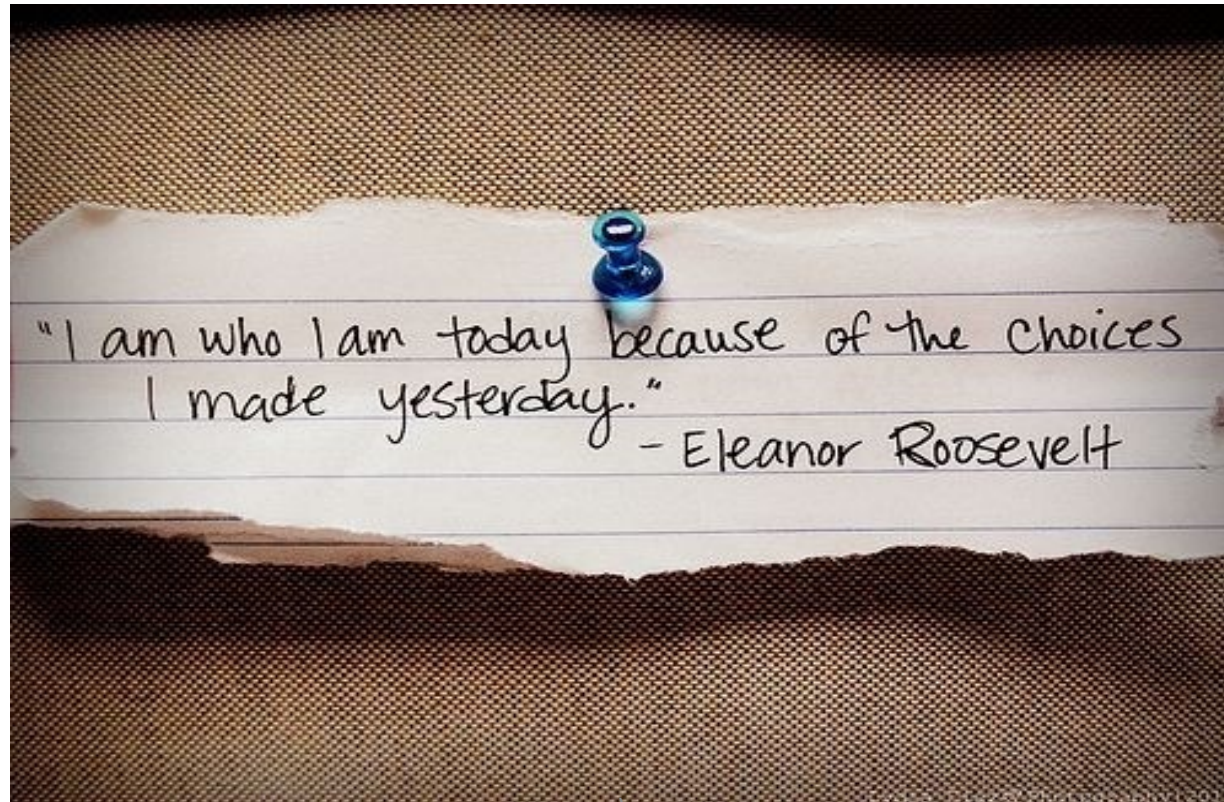
The National Alliance for
Direct Support Professionals



NADSP

By the end of this session we hope to increase your understanding of:

- What informed decision-making is (and what it is not)
- Why having choice is important for the people with intellectual and developmental disabilities
- The DSP important role in supporting choice
- How to support people to make their own informed decisions



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We all use informed decision-making!

So do we need training on it?

Because people with disabilities have historically and systematically been denied the right to make decisions, take risks, and experience life in the way that those without the label of disability have.

“Disability is not a reason for depriving any person from making the same choices other people have the right to make.”

- Steven J. Taylor, On Choice. TASH Newsletter, 2001

Choices: BIG vs. Small

Some decisions are made day to day:

- Meals and mealtime routines
- Bed time and routines
- How and with whom to spend leisure time
- How to dress and how you appear to others

Some decisions are life-defining:

- Where and with whom to live
- Friendships and associations with others
- Where to work and what you do for a living
- Sexuality and marriage
- Medical treatments

Keep in mind, a choice that may seem small to you may be BIG to the person you are supporting!

What Is Informed Decision Making ?

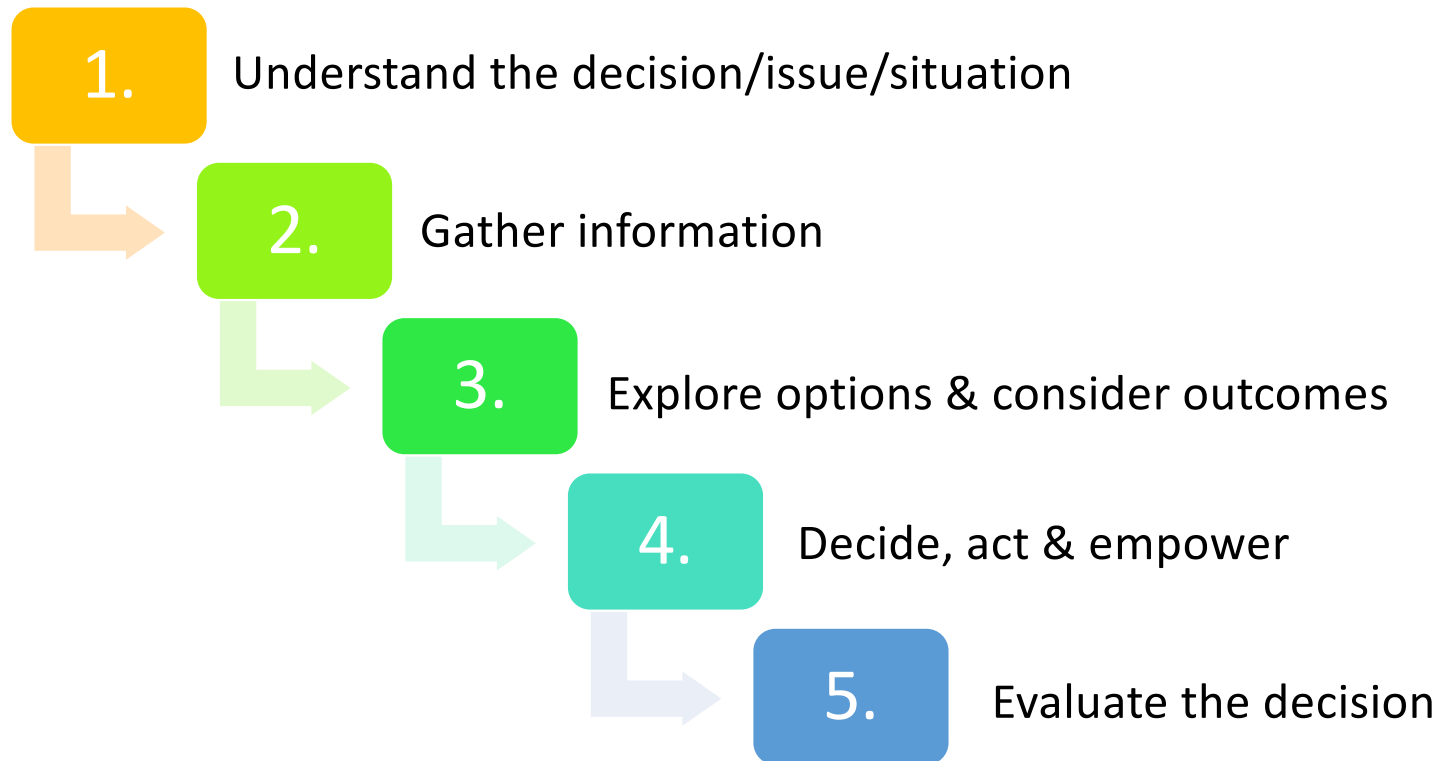
- Informed decision making is a process where a person has obtained information and knowledge about a situation or problem
- The person understands the choices available to them and the outcomes possible - sometimes with the support of another person (s).
- When they make a final choice it reflects their personal values, not those of the people assisting or supporting them
- Finally, it is the acceptance of the associated responsibility and risk of the decision. This decision is their decision alone and non-coerced.

Informed Decision-Making

The 5 step process

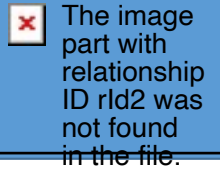


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Practice Time

CMS Federal Requirements

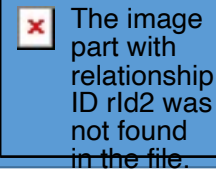


Providers must ensure that services are furnished:

(i) Under a written person-centered service plan (also called plan of care) that is based on a person-centered approach:

- Reflect **risk factors** and measures in place to minimize them, including individualized back-up plans and strategies when needed.
- The **individual will lead** the person-centered planning process where possible
- Includes people **chosen** by the individual.
- Individual **directs the process** to the maximum extent possible
- Reflects **cultural considerations** of the individual

CMS Federal Requirements



Direct Support Professionals Must Understand:

People will have the freedom and support to control their own schedules and activities, and have access to food at any time.

People will be able to have visitors of their choosing at any time.

People will have the freedom to furnish and decorate their sleeping or living units

Are Direct Support Professionals Prepared?



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Informed Decision-Making

- **Closing thoughts:**

- Deciding is a process... not a one-time event.
- Indecision is a decision not to decide.
- Unless the person is just learning to make decisions for the first time, Try to avoid 'either/or' thinking; usually there are more than two choices. Be imaginative and creative...
- All decisions have an element of risk
- If someone is making a decision that can have long time consequences take your time...

“ Experience
is the
teacher
of all
things.”

Julius Caesar

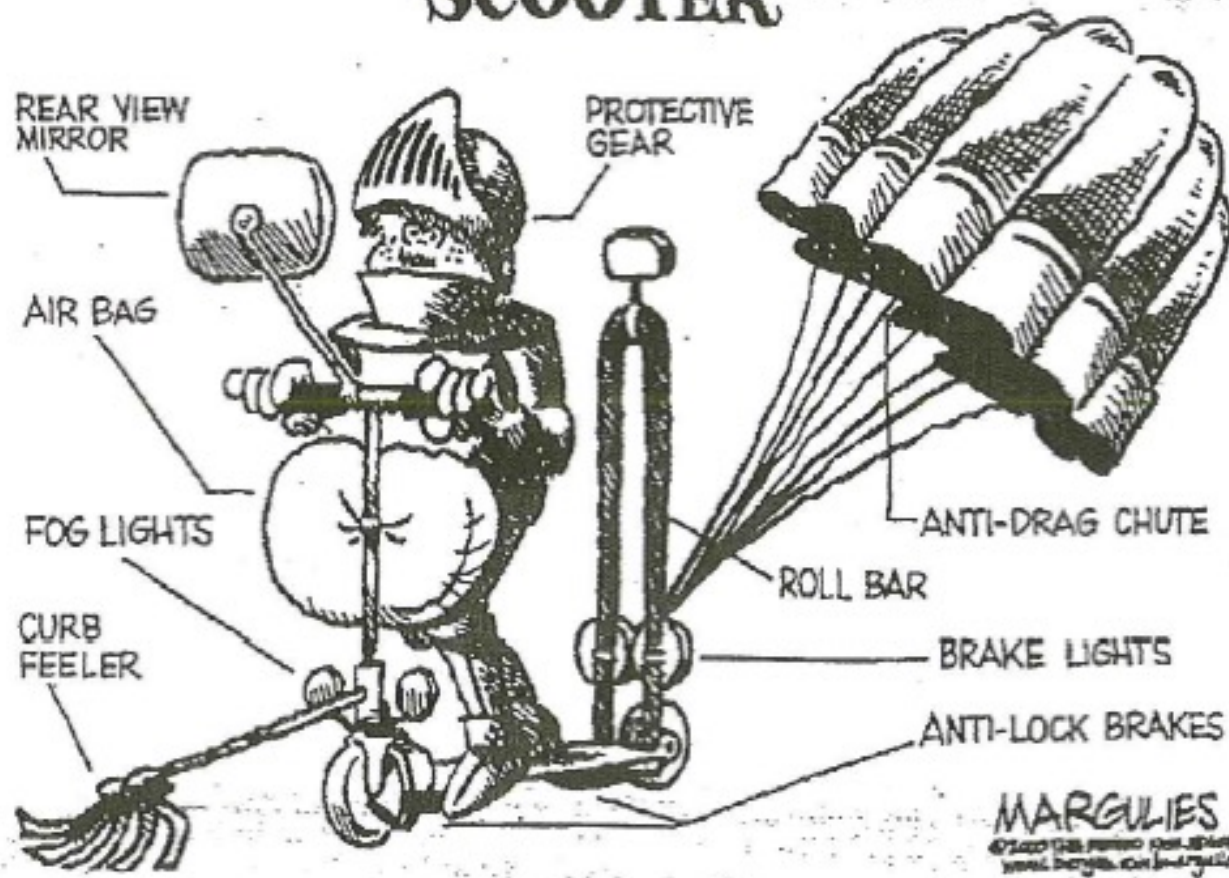
Something we get just after we
needed it...

We all learn by experience-(usually,
its bad experience...)

People we support need
opportunities to **EXPERIENCE**
different options in order to establish
a preference.

Those options may and will include
some degree of risk!

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- The Harley Davidson Story



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