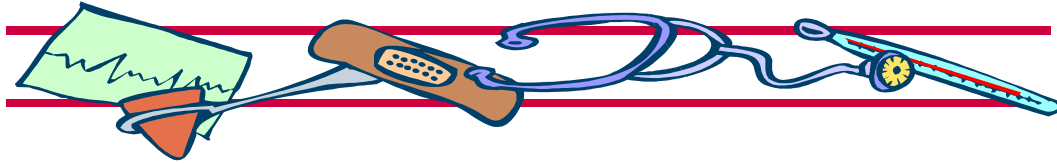


My Health - My Decision



Tips for Staff and Families

This resource is being offered to you because someone with whom you work, or your family member, has just completed a class to help people with developmental disabilities be more actively involved in their healthcare decisions. It is very important that newly introduced decision-making skills be supported, so in case some of the material is new to you, we offer the following essential points:

- ✓ Services for people with developmental disabilities are most effective when offered in partnership with the individual, versus provided by the professional without input. That includes healthcare services too.
- ✓ Encourage the person to discuss what s/he learned today. We recommend that you both review the “*My Health-My Decision*” Handbook together in order to promote better understanding.
- ✓ Continually encourage decision-making about both routine and special matters; support good decisions through teaching and coaching. Use the format on page 9 of the Handbook when a decision seems difficult for the person to make.
- ✓ Do not assume you know what the person wants in regard to healthcare...discuss appointments in advance and afterward to educate and to promote confidence.
- ✓ Ask an agency contact or your supervisor for help if you don't understand or have questions about this information.
- ✓ Thank you for supporting self-determination in a real and practical way!

Agency Representative