

Supported Decision-Making (SDM) Discussion Paper

Easy Read Summary

What is Supported Decision-Making (SDM)?



This paper is about
Supported Decision-Making.



Supported Decision-Making, sometimes called SDM is way of helping people with learning disabilities to make their own decisions.



Supported Decision-Making

is about human rights and people with learning disabilities' right to make decisions like everyone else.



The UNCRPD says that people with learning disabilities should have support to make decisions through **Supported Decision-Making**.

The **UNCRPD** is the international disability human rights convention.



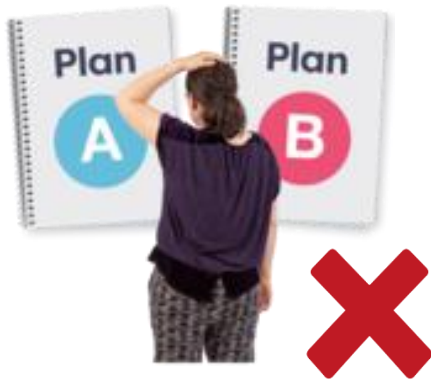
The UNCRPD tells Governments how to make sure disabled people are treated equally.



Supported Decision-Making says that your **will and preferences** are important.



Will and preferences mean what you want. For example, you want to live with your family.



Many people in Scotland are told they cannot make decisions because they have a learning disability.

This is called **Substitute Decision-Making**.



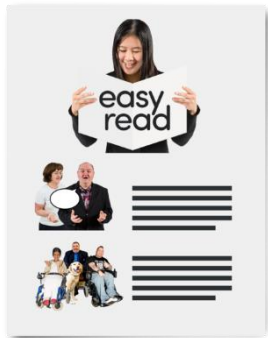
Substitute Decision-Making is when someone else makes decisions for you.



But Supported Decision-Making says that you should make your own decisions if you can.



Supported Decision-Making says that you should get **support** to make these decisions.



Support could be anything that helps you make a decision.



For example, all information being in EasyRead or getting help from other people to understand a decision.

2. Controversies and Issues



Some people worry about how Supported Decision-Making would work in real life.



Would one system work for all people with learning disabilities?

Some people with learning disabilities may not be able to make decisions on their own.



How can we support these people to make decisions without **influencing** them?



Influencing can mean someone changing your decision or opinion to be more like what they want.



A lot of work and money is needed to support people through Supported Decision-Making.



Supported Decision-Making might also be difficult when someone wants to make a decision that will be bad for them.



Carers feel like they have to protect people with learning disabilities from hurting themselves or making mistakes.



People with learning disabilities are likely to think Supported Decision-Making is a good thing.



But some worry that making decisions on their own will mean getting less support.

3. The Scottish Context



The Scottish Government is trying to put Supported Decision-Making into law.



This means that current laws have to be changed.



The Scottish Mental Health Law Review made recommendations of what these changes could be.



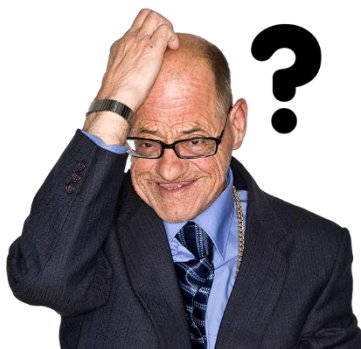
Some changes were good and very like Supported Decision-Making.



Some changes might be more confusing for people with learning disabilities and their families.



The Scottish Mental Health Law review does not answer all the questions about Supported Decision-Making.



We also do not know how much the Scottish Government will follow the Scottish Mental Health Law Review.

4. Conclusion



SCLD wrote this paper because we want everyone to be involved in talking about Supported Decision-Making.



A lot more work needs to be done so Supported Decision-Making can be created in Scotland.



Laws need to change but also the way people think about learning disability will need to change.