



# Supported Decision Making Training for the Community

## What is Supported Decision Making?

A process that allows adults with disabilities to make choices about their own lives with support from a team of people they choose. Individuals with disabilities choose people they know and trust to be part of a support network to help with decision-making.



## When is the training?

Tuesday, October 15 from  
1:00 pm - 2:30 pm via Zoom

**Registration**  
**is required**

Spanish and ASL Interpretation  
will be provided.  
Additional languages available  
upon request.



Alta California  
Regional Center