



# SUPPORTED DECISION-MAKING AGREEMENTS IN UTAH

## A guide for support coordinators

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On March 27, 2025, Utah's governor signed into law a statute recognizing Supported Decision-Making (SDM) agreements.<sup>1</sup> This law went into effect on May 7, 2025. The Utah Department of Health and Human Services (DHHS) Division of Services for People with Disabilities (DSPD) developed this guidance for support coordinators to cover:

- what SDM is; and
- how support coordinators can support people who want help developing an SDM Agreement (SDMA) through the person-centered planning process.

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# I. Overview of Supported Decision-Making (SDM)

## A. What is SDM?

SDM is a way that people with disabilities can make their own decisions with the help they need and want. SDM helps people with disabilities make choices about aspects of their own lives, such as:

- where to live and who to live with;
- what services, supports, or medical care to get;
- where to work and spend the day; and
- How to save and spend money.

To use SDM, people with disabilities pick friends, family members, and other people they trust to be their “supporters.” Supporters can help the person understand the choices they face in several different ways:

- explain options in ways that the person understands;
- ask questions;
- help get the information the person needs to make a decision;
- discuss advantages and disadvantages of various options; and
- communicate the person’s decisions to others.

Utah now has a formal definition of SDM in its law. SDM means: “the process of supporting and accommodating an individual in the decision-making process to make, communicate, and effectuate life decisions, without impeding the self-determination of the individual.”<sup>2</sup> This definition is consistent with the idea that SDM can be seen as a reasonable accommodation for a person’s disability.<sup>3</sup>

**Practice tip 1:** SDM can be seen as a reasonable accommodation or modification for a person with a disability under federal law, and thus can be used in any state, regardless of state law.

## B. What is not SDM?

**SDM does not mean that the person must make decisions alone, without any help.** Sometimes people have the impression that an adult with a disability must either have a guardian to make decisions or make decisions on their own. This is not true. We are all able to get input and support to make decisions about our lives, and people with disabilities should have the same opportunity.

**SDM does not mean that supporters make decisions for, or instead of, the person with a disability.** Supporters are not the person’s decision-maker. Supporters help people make decisions for themselves. Supporters are not authorized to consent or sign documents on behalf of the person.

**Practice tip 2:** Support coordinators may need to remind SDM supporters about what they are authorized to do when supporting a person with a disability in making decisions. Even well-meaning supporters may inadvertently overreach beyond their authority when supporting a person in making decisions.

**SDM does not mean that a person needs a supporter's approval to make decisions.** With SDM, the person with a disability is the one who makes the decision. The person may ultimately disagree with their supporter's advice. Supporters can advise the person about why they may disagree with a certain decision. But, when a person with a disability makes a decision, their supporters cannot overrule it. With SDM, people with disabilities keep their legal decision-making rights and are allowed to learn from their mistakes.

**SDM is not only for people with certain kinds of disabilities.** A person's ability to use SDM is not determined by IQ score or diagnosis. SDM may be used by people who:

- have intellectual and developmental disabilities;
- have an acquired brain injury;
- have psychiatric or mental and behavioral health conditions; and
- do not use verbal speech to communicate.

SDM is a possible alternative to guardianship and should be discussed before guardianship is pursued, regardless of the person's disability.

**Using SDM does not mean that people with disabilities must execute a formal SDMA.** Most people with disabilities use SDM informally – i.e., without a written agreement. They turn to people they trust to get advice and help with making decisions and do not put their SDM arrangements in writing. Under Utah's law, they can still do that. Nobody is required to execute a formal SDM agreement.

Keep in mind, however, the purpose of the SDM law is to give supporters legal status to access and/or get information for the person, and be part of discussions with the person when important decisions are made. This requires following the steps outlined in Section III of this document.

### **C. Why should advancing SDM be part of the person-centered planning process?**

Decades of research has shown that people with disabilities who are supported have greater self-determination. The ability to act for themselves and have control over their own lives results in better life outcomes. They are more likely to be independent, employed, and integrated into their communities.<sup>4</sup> They are more likely to be able to recognize and avoid abuse.<sup>5</sup> On the flipside, research has also shown that when people with disabilities lose their right to make life choices, their quality of life can decrease.<sup>6</sup> Overbroad or unnecessary guardianships can have a "significant negative impact on . . . physical and mental health, longevity, ability to function, and reports of subjective well-being."<sup>7</sup> SDM can be an important way of empowering people with disabilities to direct their own lives without the need for guardianship.

Decision-making is a learned skill that can be incorporated into person-centered goals. Decision-making is like a muscle. The more a person is given opportunities to use it, the better they get at making decisions. Over time, we all learn from our mistakes and are guided by people we know and trust to help us develop the skills to make better decisions. But often people with disabilities are not given the option to make their own decisions, which means they do not get the chance to learn and practice this skill. Incorporating SDM into the person-centered planning process recognizes that decision-making skills can grow over time.

## D. How does SDM work?

**Presume competency** — Using SDM starts with the assumption that people with disabilities can make their own decisions with or without support. Everybody — regardless of whether or not they have a disability — needs help with making decisions sometimes. People with disabilities may need more or different kinds of help, but that does not mean they cannot make their own decisions. Support coordinators should help people with disabilities find the right kind of decision-making supports that they need and want.

**SDM looks different for different people** — The way SDM is used by people with disabilities depends on their wants, needs, support networks, and preferences. For example, some people have a lot of trusted supporters in their lives. Others have one, two, or a few. Some have a robust family and community network. Others rely more on professionals to support them. Some use words to communicate, others rely on assistive technology, pictures boards, or gestures, signs, or behavior to communicate. All are valid ways of using SDM.

**With SDM, start with some key questions** — Support coordinators can help the person and their supporters in their roles by encouraging them to find out:

- What are the person's goals?
- What help does the person want and need?
- Who does the person want to help them?
- How does the person want the help to be given?
- What will it take for the person to make their own decisions with support?

**SDM can be formal or informal** — Under Utah law, people with disabilities can use SDM formally by putting the arrangement in writing, such as by using a “Supported Decision-Making Agreement (SDMA)” described below, or informally without a written agreement. A person with a disability cannot be required to use an SDMA. There can be advantages and disadvantages to using an SDMA, so it is a personal decision that depends on the individual. For example:

- Written SDMAs can help a person and their supporters enforce their SDM arrangement. With an SDMA, the person with a disability can clearly explain, in writing, who their supporters are, what type of help they are providing, how they are providing it, and when they are providing it. The law makes an SDMA an official legal document, and the person with a disability and their supporters can easily share that document with others.
- The law also provides certain protections for third parties, like doctor's offices, schools, banks, or service providers, who accept or rely upon a written SDMA. The law says that they will not be subject to civil or criminal liability or discipline for unprofessional conduct for following the directions in the SDMA, if they do so in good faith. In that way, using SDMAs can lessen their concerns about liability and make them more willing to respect the rights of the person with a disability to use SDM.
- Unlike informal SDM, when a person with a disability and their supporters use an SDMA, they are required by law to follow specific rules. For example, as explained in detail in Section (III)(C) certain people, such as staff who are paid to support the person, are prohibited from serving as a formal supporter under an SDMA, unless they fall under one of the limited exceptions to that rule. An SDMA also has certain required elements and needs to be signed in a particular way in order to be valid. Some people or families may not want to fill out that kind of paperwork, because of their personal preferences or cultural beliefs. In these instances, people may choose to use an informal SDM process.

**Scenario 1:** Aisha is 25-years old and has an acquired brain injury. She was recently diagnosed with diabetes. She is figuring out how to manage the new diagnosis and wants to make sure that she takes her medications properly and follows the dietary recommendations from the doctor. Aisha wants Diana, who is her paid direct support professional and not a family member, to go with her to the medical appointment to ask her doctor questions and explain medical jargon to her. Aisha cannot use a written SDMA to do that, because Diana does not meet the requirements for being Aisha's formal supporter under the law. Aisha decides to informally use SDM without a written agreement with Diana. Instead, Aisha signs a HIPAA release-of-information form that allows her doctor to share otherwise confidential information with Diana, and she and Diana go to the appointment together.

**Scenario 2:** Aisha has been having problems getting her doctor to recognize her right to use SDM. He insists on only meeting with her on her own when he discusses her medical problems, and she is having difficulty understanding the medical terminology he uses. Aisha talks to her sister, Mary, and asks if she will be her formal supporter for medical decisions. Mary agrees, and they both execute and notarize an SDMA that explains how Aisha wants to be supported by Mary. Aisha gives the SDMA to the doctor, along with a signed HIPAA release-of-information form. She explains that Utah has a law that protects her right to use an SDMA. The doctor feels more comfortable with the official legal document and meets with both Aisha and Mary to discuss Aisha's medication schedule and answer questions.

## II. Overview of Supported Decision-Making

### A. What is an SDM Agreement (SDMA)?

A Supported Decision-Making Agreement (SDMA) is a way that people with disabilities can formalize an SDM arrangement by putting it in writing. In 2025, Utah enacted a law that expressly recognizes the right of an adult with a disability to enter into SDMA and sets out the rules for doing so. As described above, SDMA are not required for a person to use SDM, but they can help legitimize the SDM arrangement. The law says that when a person and supporters use an SDMA, certain rules must be followed, which are described in this section of the document.

**Practice tip 3:** SDMA do not authorize supporters to make decisions for the person with the disability or act in the person's place. The person with a disability remains the decision-maker. Sometimes supporters and support teams need to be reminded of this fact.

## B. Who can use an SDMA?

If a person is at least 18 years old and has a disability, as defined under Utah law — i.e., a physical or mental impairment that substantially limits one or more major life activities — then the person may be able to create an SDMA. However, if the person with a disability already has a legal guardian, conservator, or agent under a power of attorney or health care directive that is in effect, there are additional rules that apply before the person can use an SDMA. First, the person must invite that legal decision-maker to all conversations about the SDMA. Second, the legal decision-maker must be provided with the proposed SDMA at least 2 weeks before the person with a disability and the supporters sign it. Finally, if the SDMA covers an area of life where the legal decision-maker is authorized to make decisions for the person with a disability, the SDMA will not be valid without the legal decision-maker also signing the agreement.

**Practice tip 4:** When helping a person with a disability consider executing an SDMA:

- Ask for copies of all existing advance planning documents, such as powers of attorney, health directives, guardianship or conservatorship orders, and related documents.
- Review those documents with the person with a disability to confirm their legal scope and the need for an SDMA.
- Ensure reliable contact information is available for the legal decision-makers identified in those documents, so they can receive the required notice about the SDMA.

**Scenario 3:** Susan is 30 years old, has an intellectual disability, and has a court-appointed limited medical guardian. Susan cannot use an SDMA to name supporters to help her make medical decisions without her legal medical guardian also signing the agreement. However, Susan may be able to use an SDMA to name supporters to help her with financial or other non-medical decisions without her limited medical guardian agreeing to sign it.

**Practice tip 5:** Keep in mind that, even if a person has a guardian or other legal decision-making supports, SDM principles can and should be used within those relationships. The National Guardianship Association recognized that: “Supported decision making should be considered for the person before guardianship, and the supported decision making process should be incorporated as part of the guardianship if guardianship is necessary.” **People with disabilities should always be involved in decisions that affect their own lives.**

## C. Who can be a formal supporter under an SDMA?

With SDM, people with disabilities get to select who their supporters are. Supporters are not assigned to them. However, people with disabilities should be educated on the qualities that make for a good supporter. For example, supporters should be people the person knows and trusts. Supporters should be good at helping the person get the information they need to consider and understand the choices that are available to them. A supporter who knows the person well, listens to the person, and wants the person to make their own decisions — rather than trying to make the decision for them — would be a good choice. On the other hand, a person who has hurt or taken advantage of the person in the past, or might do so in the future, or who may tend to promote their own preferences rather than the person's, would not be a good choice.

**Practice tip 6:** When talking to a person with a disability about their interest in using SDM or an SDMA, encourage them to identify more than one supporter to help them. Multiple supporters can serve as checks and balances to each other and be a safeguard against supporter overreach. Multiple supporters also make it possible for the person to rely on different people for different types of decisions.

Ultimately, with informal SDM, the person with a disability can choose whoever they want to be their supporter without an SDMA. However, if the person with disability wants to use an SDMA, then the law has rules about who can and who cannot be the person's formal supporter. Formal supporters under a written SDMA must:

- Be 18 years or older.
- Not be paid to provide support to the person with a disability, unless they are receiving DSPD caregiver compensation or are a sibling who cares for the person with a disability.
- Not have:
  - a substantiated allegation of abuse, neglect, or exploitation;
  - a protective or restraining order; or
  - a conviction for harm of another person, theft, or financial crime — even if the proposed supporter is a family member of the person with a disability.

**Scenario 4** — Allison is an adult with a disability who wants to select her friend, Tom, to be a formal supporter under an SDMA. Tom is 50 years old and is not paid to support Allison. However, Tom was convicted of stealing \$200 when he was 18 years old — which is a theft and Class B misdemeanor under Utah law. Tom is prohibited from serving as Allison's formal supporter under a written SDMA.

**Scenario 5** — Allison is an adult with a disability who wants to select her stepmother, Molly, as her formal supporter under an SDMA. Molly is 50 years old and provides paid support to Allison. She is paid through DSPD caregiver compensation. Molly qualifies to serve as Allison's formal supporter under a written SDMA.



## D. What can formal supporters do?

The terms of an SDMA spell out how supporters may help the person with a disability make decisions. As directed under the SDMA, supporters may help the person with a disability:

- understand information, options, responsibilities, and consequences of life decisions;
- access and understand relevant information;
- make appointments and plans for supportive services;
- monitor information about the person's affairs or support services; and
- figure out what the wishes and decisions of the person are and communicate and advocate for them
- get information as authorized by the person with a disability.

**Practice tip 7:** SDMAs should not be “cookie cutter” for every person with a disability. Their terms will look different depending on what the person's preferences are.

The law requires formal supporters to act in certain ways. They are required to:

- act with care, competence, and diligence;
- act in good faith;
- comply with the terms of the SDMA;
- maintain records about the supporter's actions under the SDMA and how the person with a disability communicates and expresses opinions to the supporter; and
- ensure confidentiality of all information collected on behalf of the person with a disability.

The law also prohibits supporters from acting in certain ways. Supporters must not:

- coerce, exploit, or exert undue influence on the person with a disability;
- make decisions on behalf of the person with a disability;
- sign documents for the person with disability;
- get and use information not authorized by the person with a disability; or
- delegate their SDM duties to another individual.

**Scenario 6:** Nancy has autism and has entered into a SDMA with her formal supporter, Stuart. She asks Stuart to go to her planning team meeting with her to help her decide what her service goals for the upcoming year will be. Near the end of the meeting, Nancy leaves the room to take a telephone call. When she comes back, she sees that Stuart has signed the plan for her. Stuart has acted beyond his authority as a formal supporter under Nancy's SDMA.

**Scenario 7:** Nancy needs to make a more complicated decision about a medical procedure. She is having trouble getting access to her medical records, and she does not fully understand her doctor's explanations about her options. She turns to Stuart, a formal supporter under her SDMA, for help. Stuart helps her get access to her medical records and, with her permission, meets with Nancy and her doctor to ask questions about the proposed medical procedure. Nancy makes the medical decision about treatment and signs the doctor's consent form. Stuart acted within his authority as a formal supporter under the SDMA.



## E. How is an SDMA developed?

SDMAs are voluntary documents. Under Utah law, a person with a disability cannot be required to sign an SDMA in order to access services and support. A person with a disability voluntarily picks their supporters. Supporters are not assigned or appointed to the person. A person with a disability can decide to cancel or change their SDMA at any time. A person can also choose to use SDM informally instead.

**Practice tip 8:** In discussing SDMAs during the person-centered process, be careful not to make it sound like people with disabilities must complete an SDMA in order to use SDM or to get services. SDMAs are one option for people with disabilities to consider. They are not mandatory.

DSPD has partnered with [LifeCourse Nexus](#) to use their free person-centered tools. LifeCourse Nexus has a number of tools and instructions<sup>9</sup> for how to get started with SDM that can be used during the person-centered planning process, and they can inform the development of what a person with a disability may want reflected in an SDMA. These include tools and instructions on “Exploring Decision Making Supports,” the “Trajectory for Supported Decision-Making,” the “Integrated Support Star for Supported Decision-Making,” among other resources. In using these tools, keep in mind that teams should employ a social model of disability<sup>10</sup>, rather than a deficit-based model. Conversations around SDM should focus on building decision-making skills over time. If a person with a disability cannot make a certain decision right now, it does not automatically mean that someone else should always make that decision for them. The person with a disability may not have had the opportunity to make that kind of decision before. The person should be supported by their team to make more such choices and learn from the process of doing so.

Unlike some other states, Utah’s SDMA law does not require a particular SDMA form to be used. Instead, it lists certain elements that an SDMA must contain to be a valid legal document under state law. Under Utah law, an SDMA must:

- Be in writing.
- Have an effective date.
- Designate at least one supporter.
- Describe how the person with a disability will use SDM, what their rights are, what the responsibilities of the supporter(s) are, what the decision-making supports and accommodations of the person with a disability are, and what kinds of decisions the supporters are not authorized to assist with.
- Describe any actual or perceived conflicts of interest that may exist between the person with a disability and the supporter(s) and how they will be mitigated. A conflict of interest is when a supporter may have or appear to have a motivation other than to provide support to the person with a disability in making their own decisions. For example, does the supporter serve in multiple roles in the person’s life that could impact the kind of support or advice they give - e.g., parental roles versus supporter roles? Does the supporter have a financial interest that is connected to the person with a disability? A parent or guardian receiving caregiver compensation might. Any conflicts of interests must be addressed in the SDMA, explaining how they will be mitigated.

**Practice tip 9:** Because Utah law has prohibitions on who can serve as a formal supporter (see Section (III)(C) above), support coordinators should exercise due diligence when helping a person develop an SDMA. This could include requiring supporters to sign an attestation or declaration that they meet the requirements under the law to be a formal supporter. The [Disability Law Center’s Supported Decision-Making Agreement template](#) includes a “Consent and Attestation of Supporter” section that addresses this practice tip. Support coordinators should also be aware of the person’s vulnerabilities and pay attention to any signs that a supporter might be pressuring the person to make certain decisions. If a support coordinator suspects coercion by a supporter, they could speak to the person about it, or contact DSPD Constituent Services for help.

The SDMA must be signed, in ink or electronic signature, by the person with a disability, each supporter, and either:

- 2 witnesses (other than the person or supporter(s)); or
- a notary public

Finally, if the person has a guardian, conservator, or other “qualifying person” with legal authority over an area of decision-making covered by the SDMA (see Section (III)(B) above), then that qualifying person’s signature is also required on the SDMA for it to be valid.

**Practice tip 10:** The definition of “electronic signature” under Utah law is quite broad.<sup>11</sup> However, the application of Utah’s SDMA law is new. Taking a conservative approach in using electronic signatures — e.g., by first considering the use of virtual notaries<sup>12</sup> if the person signing can access and afford them may be wise for the time being, until this SDMA tool becomes more widely used and recognized in Utah.

Following the enactment of Utah’s SDMA law, the [Disability Law Center developed a set of instructions and a SDMA form](#) to meet the above requirements. Prior to the law’s passage, other organizations developed valuable tools to promote SDM too.<sup>13</sup> While these other tools can be useful to prompt productive conversations on using SDM informally or formally, their SDMA forms have not, as of the publication of this guidance, been formally vetted for compliance under the Utah SDMA law.

## **F. Once an SDMA is finalized, what should happen next?**

Once the SDMA is finalized, the person should sign release-of-information forms and attach them to the SDMA. If the SDMA covers health care decisions, the person should sign a Health Insurance Portability and Accountability Act (HIPAA) release-of-information form, which allows doctors and other health care providers to share private medical information with the formal supporter(s), and then attach that form to the SDMA. If the SDMA covers educational decisions, the person with a disability should sign a Family Educational Rights and Privacy Act (FERPA) release of information form, which allows the school to share private educational information with formal supporters, and then attach the FERPA form to the SDMA.

The person with a disability should keep the original SDMA in a safe place and give a copy of it to the formal supporter(s). The person should share copies of the SDMA with other people and organizations that need to know about it by email or hardcopy. For example, if the person's supporters help the person with medical decision-making, the person may want to give a copy of the agreement to the person's doctors, nearby hospitals, and other health care providers to let them know about the SDMA and that the named supporter(s) helps with medical decisions. If the person has an attorney or advocate, the person may want to give them a copy too. The person does not need to submit the SDMA to a court for approval.

**Practice tip 11:** While the law does not require it, it would be a good idea for the person to keep a list of who has a copy of the SDMA. That way, when it needs to be cancelled or changed, everyone who needs one can get an updated copy or a notice of cancellation.

Remember that having an SDMA does not mean the principal cannot choose to act independently of supporters. The principal is the one in charge of decision-making.

**Scenario 8:** Leslie has an SDMA, identifying her mother, Megan, and her friend, Rachel, as her formal supporters for medical decisions. Leslie has a doctor's appointment coming up. Leslie wants to speak privately with her doctor about some side effects she has been having with her medication. Leslie goes to the appointment alone, discusses the side effects of the medication with her doctor, and decides to change her medication. Leslie is legally allowed to do all of this without the help of her supporters, even though she has an SDMA.

## **G. How are SDMAs changed or canceled?**

The person with a disability or their supporter(s) can revoke or cancel an SDMA at any time by providing written notice to all parties to the agreement. That notice can be in electronic form. If the person with a disability wants to change an SDMA, the person can terminate the existing one and make a new updated SDMA. The person should let all the people who knew about the older SDMA know that it is no longer in effect.

**Scenario 9:** Mary has an SDMA naming Diana and Robert as her formal supporters for health care decisions. Diana gets a new job that means she has to work longer hours and travel out of state a lot. Diana is worried that she no longer has enough time to support Mary with medical decisions in the way Mary wants to be supported. She raises her concerns with Mary, and they work together to write and send an email to let Robert and her medical providers know that Diana is no longer Mary's formal supporter under her SDMA.

**Practice tip 12:** While the law does not require it, it would be a good idea for Mary to execute a new SDMA that reflects her current supporters, and then share that new SDMA with her networks. That way, there is a greater chance that those networks will not mistakenly rely on the old SDMA that has Diana listed as a supporter.

**Practice tip 13:** Because people with disabilities may have multiple SDMAs that can change over time, support coordinators should periodically – e.g., once a year – check with the person they support to confirm which are and which are not in effect.

The Utah law says that SDMAs are terminated when one of the following occurs:

- the person with a disability dies;
- the person with a disability revokes or cancels the SDMA;
- a supporter no longer meets the qualifications of a formal supporter, as described in Section (III)(C);
- all supporters withdraw without the SDMA identifying any alternative supporters;
- the person with a disability executes an “overriding document” (described in Scenario 10 below); or
- a court rules that the person with a disability cannot make an SDMA. In that case, informal SDM would still be an option.

**Scenario 10:** Two years ago, Fred executed an SDMA, saying that his brother, Brian, would help him make his own financial decisions. Fred now wants Brian to be able to manage and invest the money he is making in his new graphic arts business. Fred signs a power-of-attorney document that authorizes Brian to make financial decisions for him. Because the power of attorney now means Brian can manage financial affairs for Fred — and not just help Fred make financial decisions for himself — the SDMA is automatically terminated.

## **H. What if a person has problems using an SDMA?**

Utah law indemnifies — in other words, holds legally blameless — people who in good faith honor SDMAs. Healthcare and service providers, financial institutions, and governmental agencies who are concerned about liability may need to be reminded of that protection. The exception to honoring an SDMA comes up if the third party has reason to believe the principal is being abused, neglected, or exploited. If someone has a reason to believe that the person with a disability is being or has been abused, neglected, or exploited, they may not honor the SDMA and are required to report the situation to Adult Protective Services.

## **I. How do SDMAs relate to other legal tools for adult decision-making support, like healthcare directives, powers of attorney, and guardianship?**

Using an SDMA does not stop a person with a disability from using other decision-making tools that do not conflict with the terms of the SDMA. For example, a person with a disability can use a SDMA for financial decision-making while also using a health care directive to authorize someone else to make medical decisions for the person if doctors do not think the person can make them for themselves. See Section (III)(F) for more information.

**This document was prepared by:**

Morgan K. Whitlatch  
Director of Supported Decision-Making Initiatives  
Center for Public Representation  
Licensed to practice law in D.C. and Maryland  
Certified to practice law in Massachusetts

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This document is being provided for informational purposes only and does not constitute legal advice.

## Notes and citations

1. See Utah Code Ann. §§ 75-5-701 to 75-5-709 (2025), [Utah Code Part 75-5-7](#).
2. See Utah Code Ann. § 75-5-701(12) (2025), [Utah Code Section 75-5-701](#).
3. See U.S. Dep’t of Health & Human Services, Final Rule: Nondiscrimination on the Basis of Disability in Programs or Activities Receiving Federal Financial Assistance, 89 Fed. Reg. 40,066, at 40,082, 40,089-090, 40,097, 40,098-099, and 40,0110 (effective July 8, 2024), <https://www.govinfo.gov/content/pkg/FR-2024-05-09/pdf/2024-09237.pdf>.
4. See, e.g., Karrie A. Shogren et al., Relationships Between Self-Determination and Postschool Outcomes for Youth with Disabilities, 4 J. SPECIAL EDUC. 256 (2015); Laurie Powers, et al., My Life: Effects of a Longitudinal, Randomized Study of Self-Determination Enhancement on the Transition Outcomes of Youth in Foster Care and Special Education, 34 CHILD. & YOUTH SERVICES REV. 2179 (2012); Janette McDougall, et al. The Importance of Self Determination to Perceived Quality of Life for Youth and Young Adults with Chronic Conditions and Disabilities, 31 REMEDIAL & SPECIAL EDUC. 252 (2010).
5. See, e.g., Linda Hickson, et al, Randomized Control Trial to Evaluate an Abuse Prevention Curriculum for Women and Men with Intellectual and Developmental Disabilities, 120 AM. J. INTELLECT. DEV. DISABILITY 490-1503 (2015).
6. See, e.g., Edward Deci, INTRINSIC MOTIVATION 208 (1975).
7. See, e.g., Jennifer L. Wright, Guardianship for Your Own Good: Improving the Well-Being of Respondents and Wards in the USA, 33 Int’l J.L. & Psychiatry 350, at 354 (2010).
8. See NATIONAL GUARDIANSHIP ASSOCIATION, Position Statement on Guardianship, Surrogate Decision Making, and Supported Decision Making (2017), <https://www.guardianship.org/wp-content/uploads/2017/07/SDM-Position-Statement-9-20-17.pdf>.
9. See LIFECOURSE NEXUS, Exploring Life Domains: Supported Decision-Making, <https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/supported-decision-making/>.
10. See, e.g., THE SC SUPPORTED DECISION MAKING PROJECT, Stop Look and Listen: Planning for Independence and Adult Decision-Making Support, [https://sdmpa.org/wp-content/uploads/2024/02/DM-Toolkit-2\\_-SDM-Stop-Look-and-Listen-1.pdf](https://sdmpa.org/wp-content/uploads/2024/02/DM-Toolkit-2_-SDM-Stop-Look-and-Listen-1.pdf) (last visited August 29, 2025).
11. Utah law defines “electronic signature” as meaning “an electronic sound, symbol or process attached to or logically associated with a record and executed or adopted by a person with the intent to sign the record.” See UTAH ANN. CODE § 46-4-102(8) (2000). This definition allows for greater accessibility – i.e., as long as the person has an intent to sign, there is usually an available electronic option that can be recognized under the law. For example, the person could make a mark (like an “X”) digitally with a stylus, with a mouse, or by touch; affix an image with their digital signature or “/s/” with their typed name, or add their name in script font, among other options.
12. See THE OFFICE OF THE UTAH LIEUTENANT GOVERNOR, Approved Remote Notary Vendors, <https://notary.utah.gov/2023/11/22/approved-remote-notary-vendors/> (last visited Aug. 29, 2025).
13. See, e.g., UTAH ADVOCATES AS LEADERS SELF ADVOCACY SPEAKER’S NETWORK, “My Voice Counts”: A Self Advocates Guide to Supported Decision-Making (rev. 2021), <https://uddc.utah.gov/wp-content/uploads/My-Voice-Counts-2021.pdf>; UTAH PARENT CENTER, Supported Decision-Making: Choices and Youth Workbooks, <https://utahparentcenter.org/supported-decision-making/> (2022).