

MARYLAND JUDICIARY

COURT HELP VIDEO SERIES

*Delivery should be friendly, approachable and confident.

Hello, I am here to talk about mediation. This is a valuable tool when considering alternatives to guardianship. The term, **Alternatives to guardianship**, refers to options for managing medical, financial, or other personal needs without a guardian. Considering these options is important because **guardianship** significantly interferes with a person's independence and rights. If you want to learn more about this, watch the rest of the series.

In a nutshell, Mediation can bring people together to explore the alternatives. It's a great way to identify services and supports that might avoid, limit, or end guardianship. How does it work?

Let's take a look. Simply put, mediation is a way to resolve disagreements or have difficult conversations with the assistance of a trained, neutral professional, called a mediator. Mediators help people have conversations about what is important to each person. It's not their job to give advice or make decisions; their job is to guide the discussion and to help you explore options and find solutions everyone supports. It can be useful for both legal and non-legal issues.