



Supported Decision Making

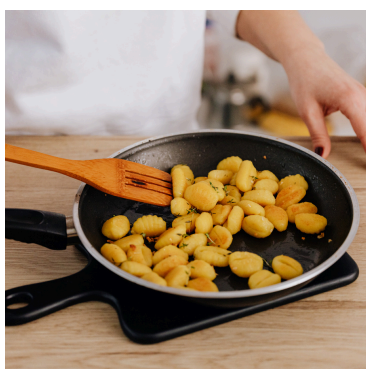


Making decisions



You have a right to make decisions by yourself or with support

These might be small everyday decisions or they can be big life decisions



Small everyday decisions might be about

- What you eat
- What you wear



Big life decisions might be about:

- where you live
- how you look after your money and what you want to buy
- what medicine you take or if you need an operation
- what you want to do about a legal problem



Making decisions can be hard



Sometimes you might need help or support to make a decision

This is called **Supported Decision Making**

To make a decision it is good if you can do these 4 things



1. Understand all the information
2. Understand what your choices are
3. Think about what will happen because of each choice
4. Make your choice



- Supported Decision Making helps people make their own choices
- An advocate or support person can help you
- They can help you understand and think about your choices
- They do not choose or make the decision for you



An advocate can be

- a family member or friend
- a paid disability worker
- a lawyer
- a doctor



You can ask your advocate to:



- write things down
- use Easy Read
- use words that are easy to understand
- use pictures
- read documents out loud
- give you extra time to think and feel calm
- be patient
- get to know you
- meet in a comfortable place
- help you get a translator or interpreter if you need one



You have the right to:



- make your own choices
- ask questions
- be given all the information in a way that is easy to understand
- be treated with respect
- make choices that other people do not like
- change your mind



You are in charge

It is your decision to make

This guide was made on Gadigal Land

We say thank you to the Traditional Owners of this land

Always was, always will be Aboriginal land



Please give your feedback