

# Supported Decision Making

## Information for Decision Makers



# How to read this information



This information is written in an easy to read way.

Pictures are used to explain some ideas.



Some words are written in **bold**.

There is a list of these words on page 31.

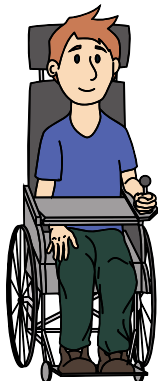
Their meaning is explained.



You can ask for help to read this information.

You can ask a

- friend
- family member
- support person.



You can get more information about **supported decision making**.

It is called Colton's Story.

You can read or watch videos of **Colton's Story**.

# Introduction



This is information about supported decision making.

This information has 7 more parts



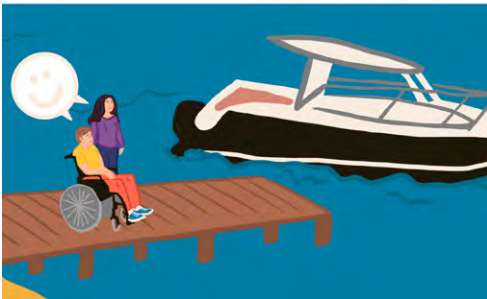
1 Tell people what you want



2 Get the right people to help



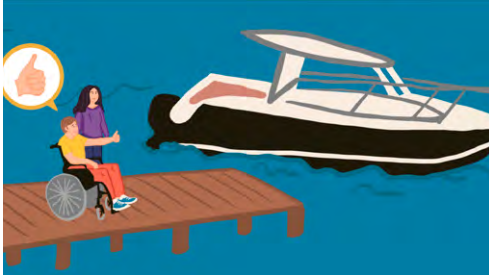
**3** Get information the right way



**4** Try things out



**5** Think about what might happen – good things and bad things



6 Let people know your decision



7 Act and **reflect** on your decision –  
You can change your mind.

# What is decision making?



We often think about

- what we want to do
- who we want to see.



Then we make up our mind.

This is called a **decision**.



Our decisions show others

- what matters to us
- who we are
- who we want to be.



We all have the right to make decisions.

You have the right to make decisions.



You have the right to decide for yourself.

Some decisions can be easy.

Some decisions can be hard.



Like

- move house or
- stay in the same house.

It can be hard to choose.



We all need help to make decisions at times.

It is OK to get help.



It does not mean that we can not make decisions.

It does not mean that we are bad at decisions.

It means that we need help to make decisions that are right for us.





It is the same for you.

You do not have to know everything.

You can ask for help.



You can decide for yourself.

That means that you know

- you can make decisions
- who you trust
- who you can ask for help with decisions.

# 1. Tell People What You Want



To make decisions you can tell others

- what you think
- how you feel.

It is not always easy to do that.



You might worry that

- other people will feel hurt



- other people will not listen to you



- things will change too much.



What do you need to speak up?

Do you find it hard to say what you want?

Why is that?



Is it because

- you are not sure how to speak up?



- other people do not understand you?



- other people do not listen to you?



Let us look at each of these things.



If you are not sure how to speak up, it is OK.



You can learn to tell others

- what you think
- how you feel.



What you think matters, even if you are not sure that other people will like it.



Remember that you have the right to decide for yourself.

A communication partner can help you to speak up.



What if people do not understand you?

Do they



- understand your gestures?

- know how you communicate?





There are people who can help.

They teach new ways to say things.

They can help the people around you so they understand how you communicate.



A communication partner can be someone who knows

- you well
- your communication.



They might be a

- person who knows about communication
- **speech pathologist**
- teacher.

They are called a **communication partner**.



What if people do not listen to you?

Is it because they do not

- watch your gestures?

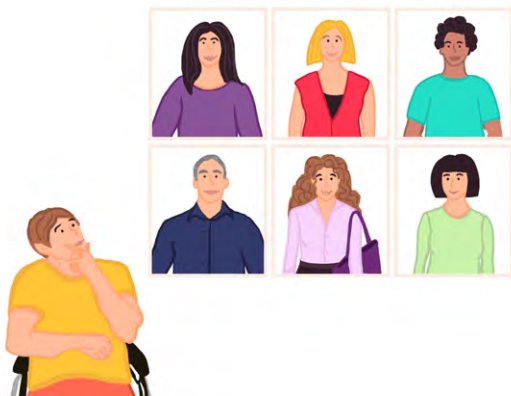


A communication partner can work with the people around you so they learn to listen to you better.



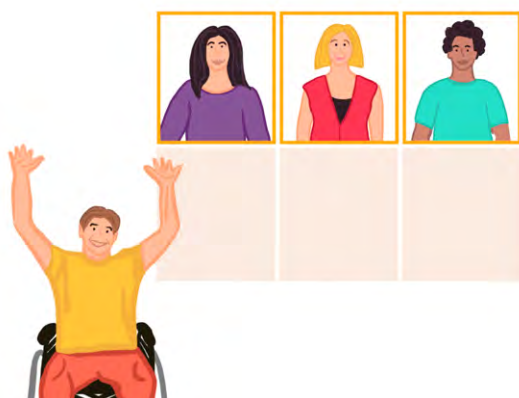


## 2. Get the right people to help



You need the right support to make decisions.

You can choose who will help you make decisions.



You can choose people

- you trust
- who know you well
- who know about the decisions you make
- who will check all the choices with you.



They will

- listen to what you want
- act on what you want.



They are your **decision supporters**.

### 3. Get information the right way

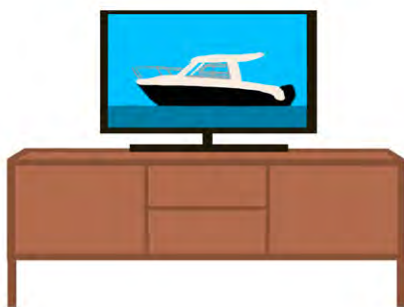


It helps to have time to make a decision.

Maybe it is the same for you.



The way you get information might change how you understand it.



There are many ways to get information like

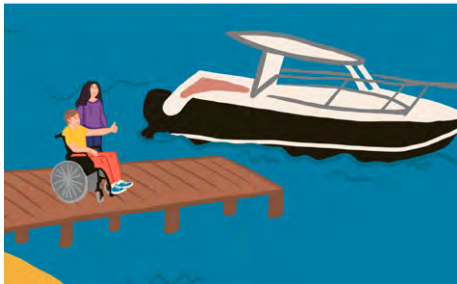
- watch videos



- read



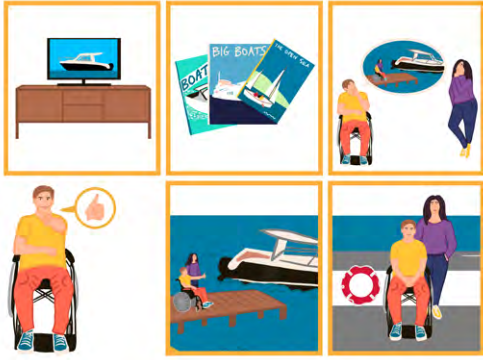
- talk about things



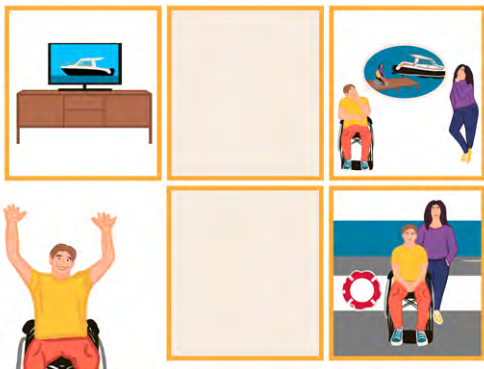
- see things



- try things.



It is OK to have your own way to get information.



Each person can get information in a way that is OK for them.



The people who help you must know how

- you communicate



- you like to get information



- you understand things



- to make sure you have time to do things.



This is so they can help you get information in a way that is OK for you.



Do you want to learn to tell people what you need?

A communication partner can help you do that.

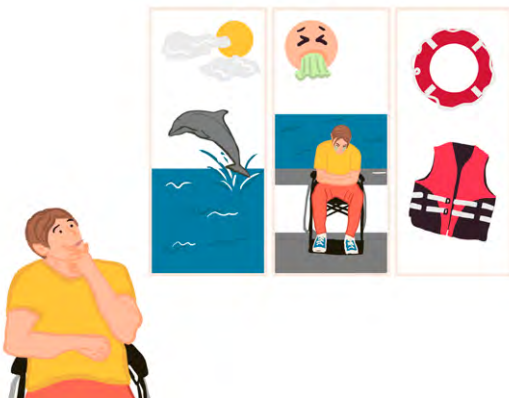
Tell your communication partner if you want to learn more.



## 4. Try things out



You might need to try things out to make a decision.



It might help you understand

- what you like
- what you do not like
- what you need to know more about.



You can ask for help to try things out.

This is so you can make the right decisions for you.



## 5. Think about what might happen – good things and bad things



It is important to think about what might happen –

- the good things
- the bad things.



You need to do that to make a decision.

You might think a lot about one thing like where you want to live.



But

you might forget to think about other things

like the money you need to pay for your own home.



This is why it is good to talk to other people.

They might help you think about

- the good things
- the bad things
- things you might not think about.



They might help you change your plan a little bit.

That way you

- can prepare
- have the best possible plan
- have a better chance that it will work.

## 6. Let people know your decision

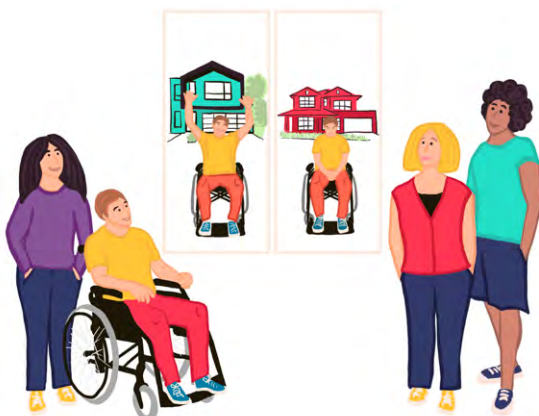


People who know you well can help you make a decision.

They might



- ask you questions about your decision
- watch how you are in different places
- whether you are happy or



- unhappy
- comfortable or
- uncomfortable.



It is important to tell someone your decision.



People who know you well can

- understand what you are saying
- explain what you want
- know what is your decision.

# 7. Act and reflect on your decision – you can change your mind



You might make a decision.



Then you find out that it is not what you want.

That is OK.



You can make another decision.

It is the same for everyone.



You learn when you

- make decisions
- try things out.

You can change your mind.

And learn from it.

# Word List

## **Colton's story**

is available to read and watch at  
[www.waindividualisedservices.org.au](http://www.waindividualisedservices.org.au)

## **Communication partner**

A person who knows how you communicate. They notice and interpret what you are communicating.

## **Decision**

When you make a choice about something after thinking about it.

## **Decision supporters**

People who know you and support you to make decisions.

## **Reflect**

To think deeply or carefully about something.

## **Speech pathologist**

A person who has done training at university to learn about how people communicate.

## **Supported decision making**

When someone helps you make decisions about your life.



