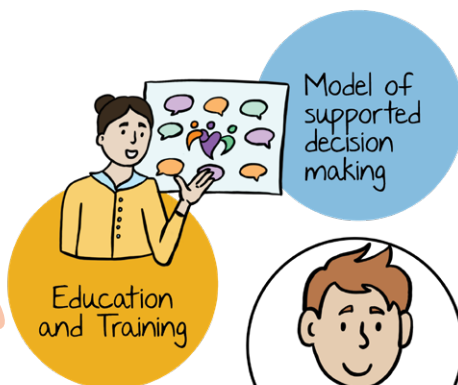


# Building Decision Making Capability Through Supported Decision Making

**For the Decision Maker you are supporting, which aspects of supported decision making are strong?**

**Which aspects of supported decision making need strengthening?**

Do you need to understand more about supported decision making?  
 What is it? Why is it important?  
 How do you do it?



Model of supported decision making



Do you need to understand the Decision Maker's communication better?



Do you need tools, strategies or technologies to communicate with the Decision Maker?

Does the Decision Maker need to meet and invite people who could be part of their group of decision supporters?



Knowledge of and planning with a decision maker

Do you need help to explore and implement a complex decision with the Decision Maker?






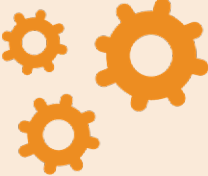
Do the people in the group need to get to know each other better, including the Decision Maker at the centre?

Do you need to map out a plan and goals with the Decision Maker based on their will and preferences?



# NDIS Pathways for Building Decision Making Capability

An NDIS plan will refer to the following areas of life where a person may need support: Mobility and motor skills; Learning; Communication; Self-care; Social interaction and Self management. Any of these areas of life could be relevant to a goal of building the person's decision making capability.

 <p><b>Mobility and motor skills</b> e.g. moving about the home or community, getting in and out of bed or a chair, fine motor skills, gross motor skills*.</p>	 <p><b>Learning</b> e.g. understanding and remembering information, learning new skills, practicing and using new skills.</p>
 <p><b>Communication</b> e.g. being understood in spoken, written or sign language, understanding others and expressing needs and wants by gesture and speech.</p>	 <p><b>Self-care</b> e.g. showering/bathing, getting dressed, eating or preparing meals, caring for own health.</p>
 <p><b>Social interaction</b> e.g. making and keeping friends, interacting with peers or the wider community and coping with related feelings and emotions.</p>	 <p><b>Self Management</b> e.g. doing daily jobs, making decisions, problem-solving and managing money.</p>
<p>* Only includes issues that cannot be solved by commonly used items such as glasses, walking sticks, non-slip bathmats, grab rails and hand-rails installed at stairs.</p>	

The plan needs to:

- Describe how the person's disability impacts them in one or more of these areas. For example, in the area of social interaction it may be difficult for the person to get out and about to meet people and make friends.
- Include information about what supports the person already receives from family/carers and community and how the person has/has not benefitted. For example, refer to a person's previous experience of supported decision making, how that has benefitted and what further supports it would take to continue building decision making capability.
- Estimate the type and intensity or frequency of supports needed and how they will build functional capacity. For example, 'The person needs 3 hours of weekly support to build their connection with new people and make friends'.
- Describe how these supports will improve the person's social and economic participation. For example, through having more connections and friends, the person will have more decision opportunities about their contribution in social and work settings.

# NDIS Pathways for Building Decision Making Capability

You could also refer to specific guiding principles in the NDIS Act which are relevant to decision making:

- People with disability should be supported to exercise choice, including in relation to taking reasonable risks, in the pursuit of their goals and the planning and delivery of their supports. (Section 4(4))
- People with disability have the same right as other members of Australian society to be able to determine their own best interests, including the right to exercise choice and control, and to engage as equal partners in decisions that will affect their lives. (Section 4(8))
- People with disability should be involved in decision making processes that affect them, and where possible make decisions for themselves (Section 5(a))

You could also detail how your plan goals are consistent with the **NDIS Supported Decision Making Policy** and Implementation Plan which has five key themes for the NDIA to action:

- Increase opportunities for participants to make decisions
- Support participants to develop skills and knowledge
- Build skills and knowledge of decision supporters
- Build skills and knowledge of NDIA staff and partners
- Strengthen the supported decision making approach in the appointment, operation and review of nominees.

Australia's obligations under the UNCRPD may also be relevant:

- State Parties shall recognise that persons with disabilities enjoy legal capacity on an equal basis with others in all aspects of life. (Art.12.2.)
- State Parties shall take appropriate measures to provide access by persons with disabilities to the support they may require in exercising their legal capacity. (Art.12.3.)

'Legal capacity' includes both the right to have the status conferred, as well as the means to exercise that right.

This is in essence the basis of supported decision making and the source of the implied requirement for jurisdictions to take active steps to ensure a system of supported decision making is in place.

Reasonable accommodation is defined in Article 2 as "necessary and appropriate modifications and adjustments... to ensure to persons with disabilities the enjoyment or exercise on an equal basis with others of all human rights and fundamental freedoms" (United Nations, 2006, Article 2, para 4).

The template on the next page maps out the functional impact of the person's disability, what type of support is needed and what NDIS area this represents.

Functional Impact of Disability	Area	Type of Support Needed	Example of Goals
<p>Difficulty in being aware of decision making opportunities, understanding what the decisions are, the risks and benefits, and implementing my decisions.</p>	<p><b>Self Management</b> Assistance with decision making, daily planning and budgeting.</p> <p>Capacity Building 15_035_0106_1_3; 09_011_0125_6_3;</p> <p>Core 04_210_0125_6_1; 04_400_0104_1_1;</p>	<p>Support with getting information about decision opportunities in ways that are accessible for me, from people who know me well and who I trust. I need my formal and informal supporters to be proactive about supporting me in this way.</p>	<p>I would like to know about decision opportunities that are relevant to me so I can explore and pursue things I want to do and meet new people.</p>
<p>Difficulty in communicating my will and preferences so that I am understood. I use sounds and gestures to communicate. I don't use words.</p>	<p><b>Communication</b> Individual skills development and training.</p> <p>Capacity Building 09_009_0117_6_3</p>	<p>Support to communicate and be understood. Support to identify communication options or technology for my communication partners.</p>	<p>I would like opportunities to build my communication skills so I can be heard, understood, supported to make decisions and contribute in my home and community. I would like technology to support me in communicating with others.</p>
<p>Difficulty in connecting with people, building and sustaining friendships so that I can be supported with decision making.</p>	<p><b>Social Interaction</b> Individual social skills development</p> <p>Capacity Building 11_024_0117_7_3</p>	<p>Support to connect with people, make friends and sustain friendships with people who may become my decision supporters.</p>	<p>I would like to have a network of decision supporters who know me well and support me with making and implementing decisions.</p>

Functional Impact of Disability	Area	Type of Support Needed	Example of Goals
Limited experience in making decisions, so I find this difficult.	<p><b>Learning</b> Individual skills development and training.</p> <p>Capacity Building 15_037_0117_1_3 09_008_0116_6_3</p>	Support to learn more about what supported decision making is, why it's important and how my decision supporters can do this with me.	I would like to learn more about how to make decisions that are right for me. I would like to learn with my decision supporters.
Difficulty with personal care, eating, drinking, managing health. Support people tend to make decisions for me without involving me.	<p><b>Self Care</b> Assistance with decision making, daily planning and budgeting.</p> <p>Capacity Building 15_035_0106_1_3</p>	Support which involves me in decisions about my food, my drinks, going to the toilet, what I wear and my health.	I would like my support people to learn how to involve me in making decisions about how I am supported with personal care, what I eat, wear and my health.
I use a wheelchair, and have difficulty getting in and out of bed.	<p><b>Mobility and Motor Skills</b></p>	Equipment to assist with mobility and movement.	I would like mobility equipment so I can be more independent at home, school and in the community.



Funded by the Australian Government Department of Social Services.

Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.