



My Decisions My Rights My Supporters



## Decision Making Possibilities

# Supported Decision Making Colton's Story



# 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 38.

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.**

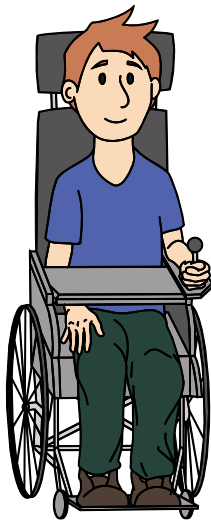
It is called **Information for Decision Makers.**



This is a story.

It is about someone who made a **decision.**

This is so you can understand how you can get help to make decisions.



It is the story of Colton.



Colton's story has 7 parts

1 Tell people what you want



2 Get the right people to help



3 Get information the right way



4 Try things out



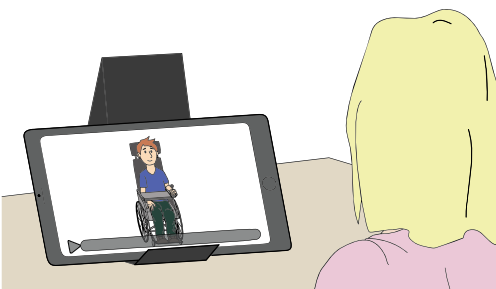
5 Think about what might happen – good things and bad things



6 Let people know your decision

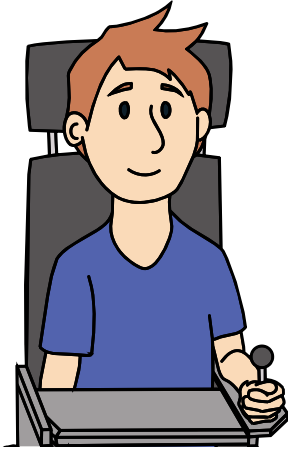


7 Act and **reflect** on your decision – You can change your mind.



You can also watch **Colton's Story** as videos.

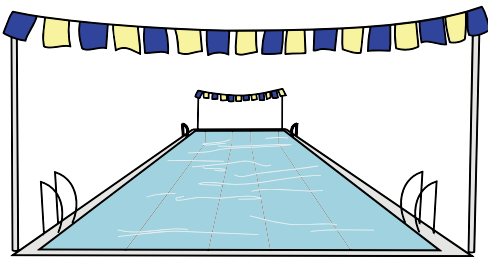
# 1. Tell People What You Want



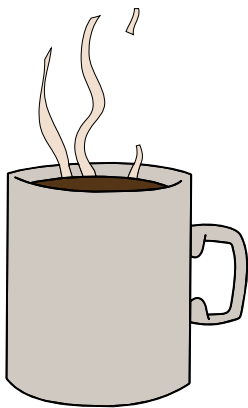
This is number 1 of Colton's story.

Colton is a young man.

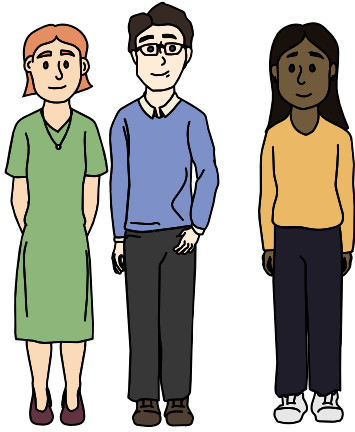
He loves to



- swim



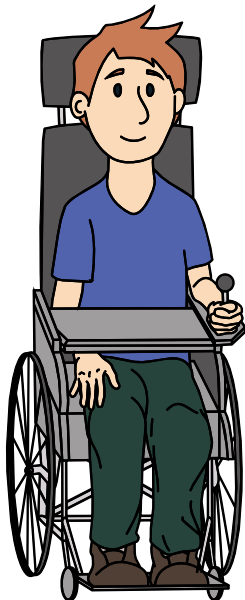
- drink good coffee



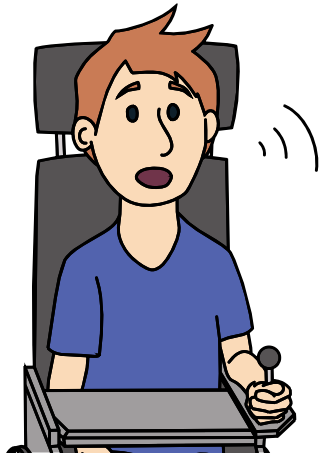
- spend time with family and friends



- go to music events.

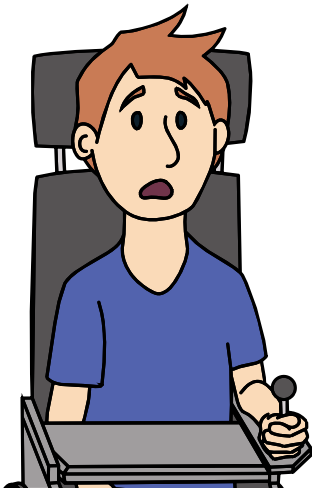


He gets around in a wheelchair.



He communicates

- with sounds

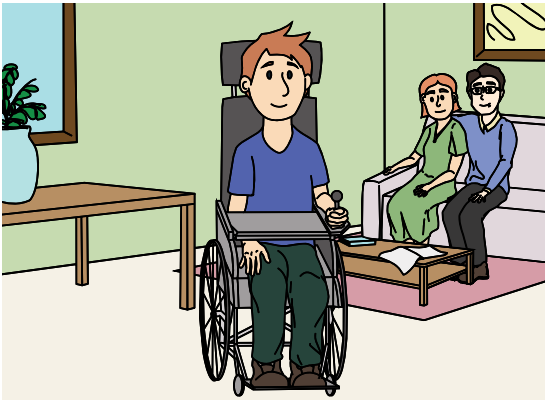


- with his face

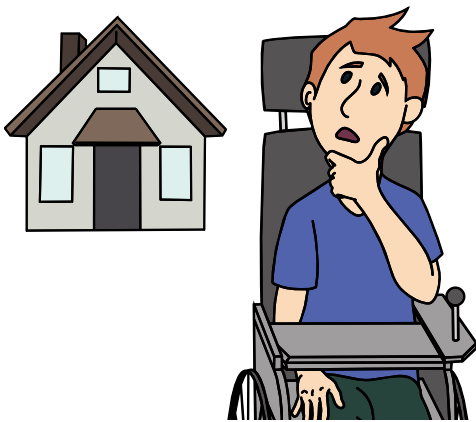


- by moving his hands – this is called gestures.



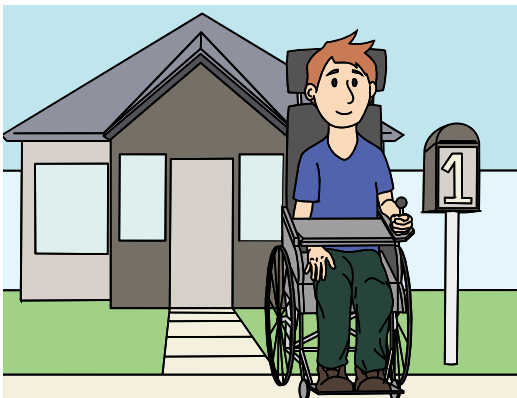


Colton lives at home with his parents.



Colton has an idea that he might

- move out of home

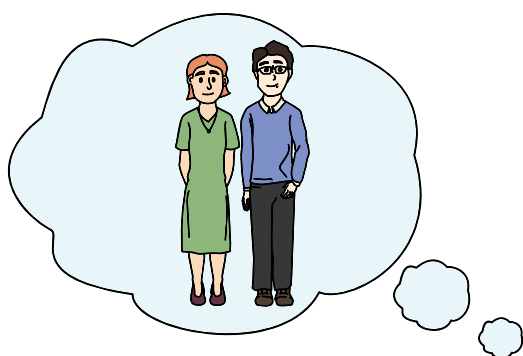


- have his own place.

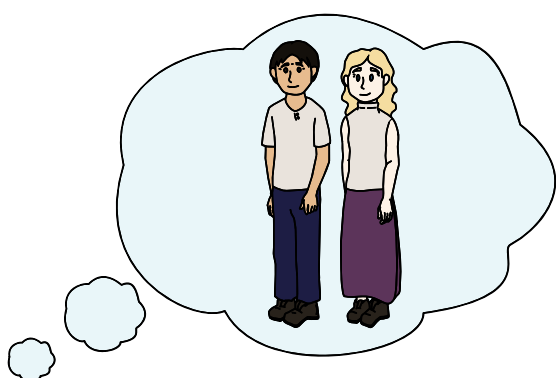


But he has not told anyone.

He is scared to tell



- his parents



- his support workers.



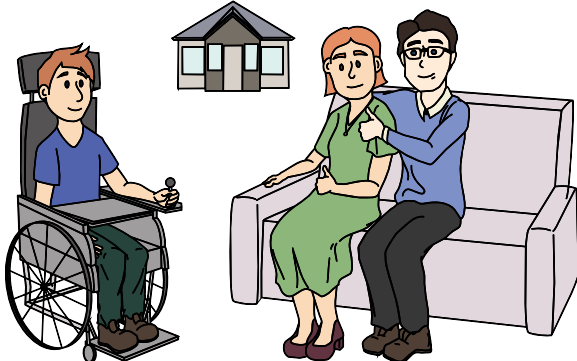
## 2. Get the right people to help



This is number 2 of Colton's story.

Colton wants to move out of the family home.

He thinks it is time to live on his own.



He has told his parents.

They are happy for him.



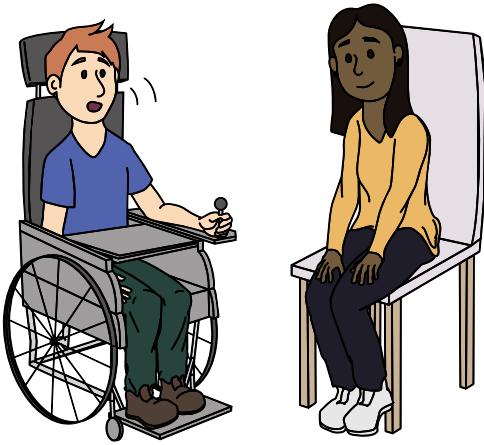
Colton wants help with his decision.

He asks his friend Sarah to help him.

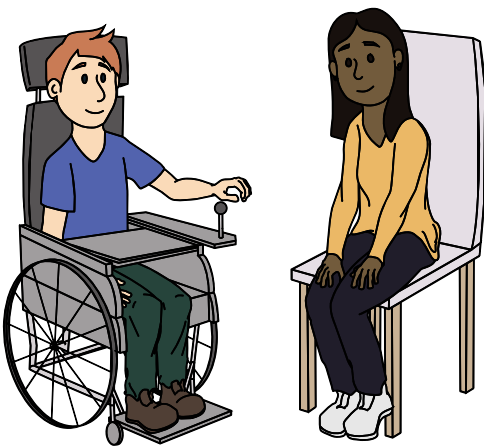


He asks Sarah because she

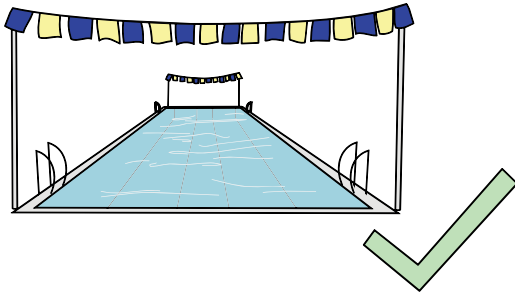
- has been his friend for a long time



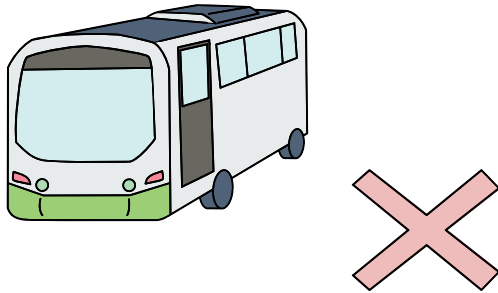
- knows how he communicates



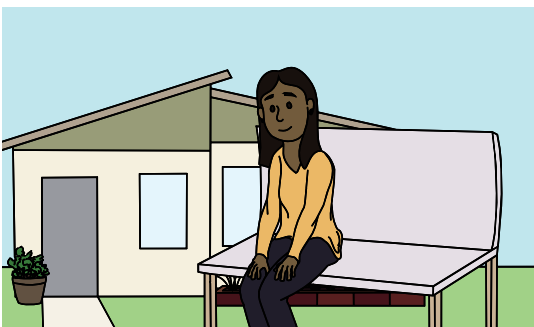
- knows his gestures



- knows what he likes

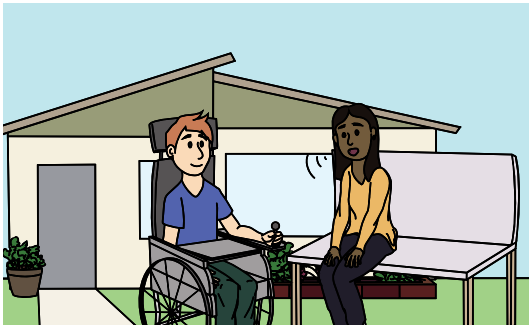


- knows what he does not like.

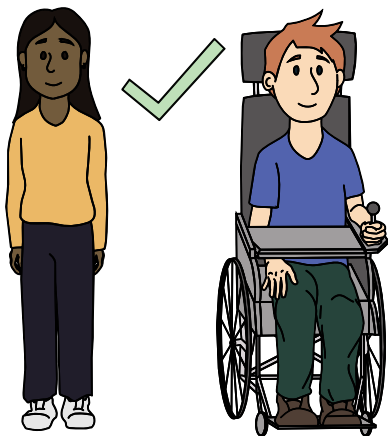


He also asks Sarah because she

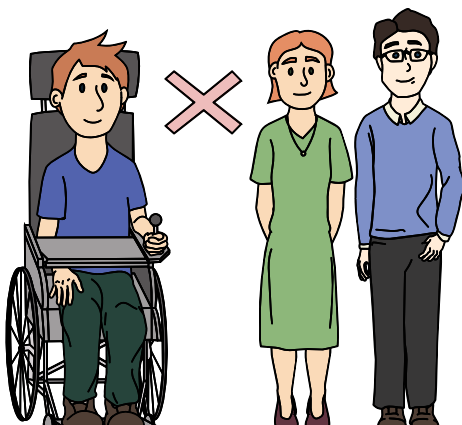
- lives in her own home now



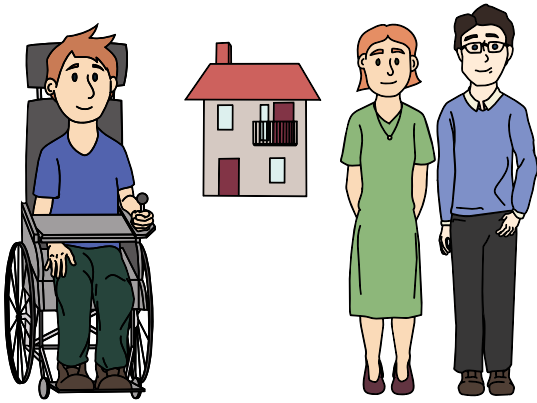
- can tell him how it is
- can tell him things he does not know.



Colton wants to ask Sarah.

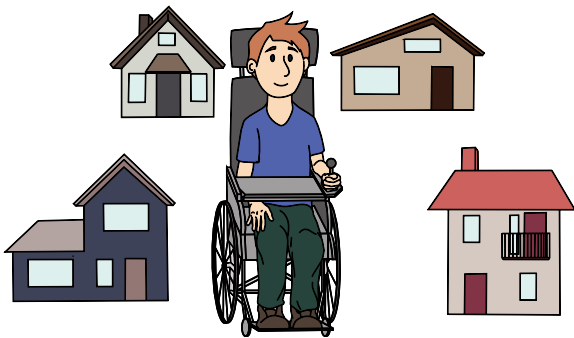


Not his parents.



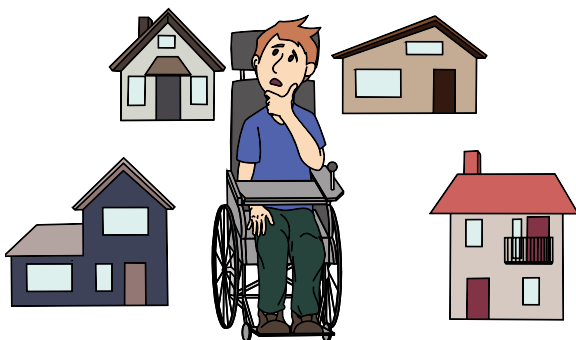
His parents want him to move to a place they know.

But Colton wants to check other places too.



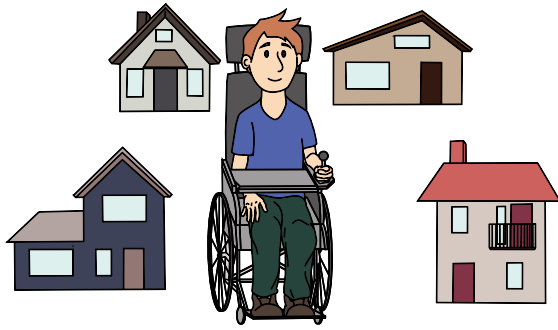
He wants the people who help him to look at

- a lot of places



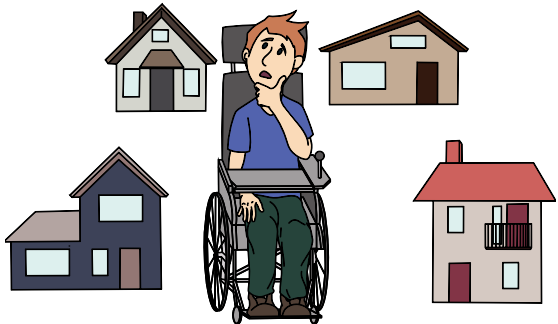
- not just the ones they think are good for him.

### 3. Get information the right way



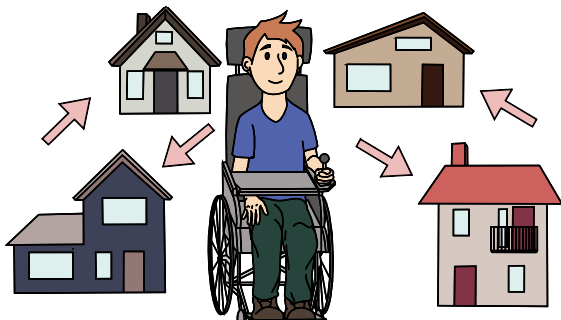
This is number 3 of Colton's story.

Colton wants to find out more about places where he can live.



He needs more information.

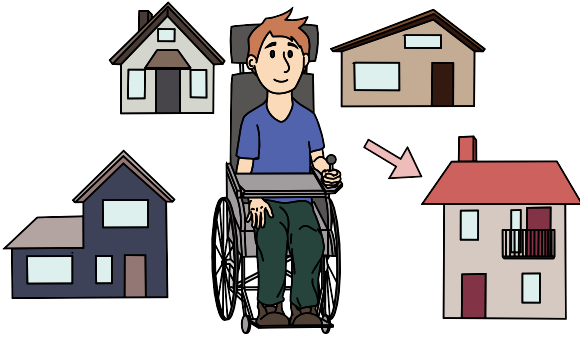
But he wants to find out in a way that is right for him.



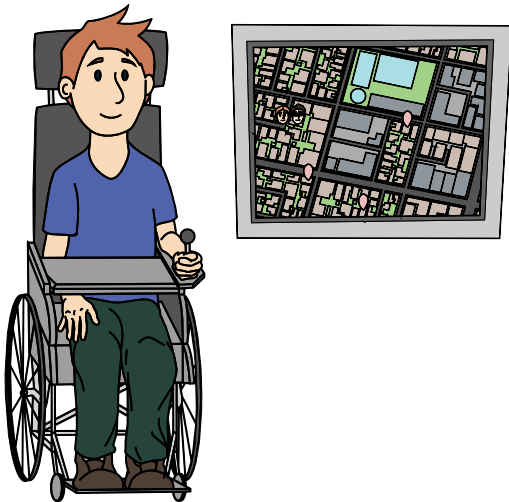
He wants to

- visit the places
- not just talk about them





- visit one place at a time



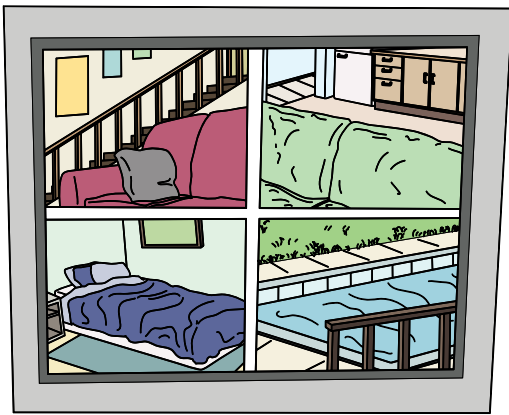
- have a little bit of information at a time.



Sarah knows what Colton wants.  
She can help him get information in a way that is right for him.

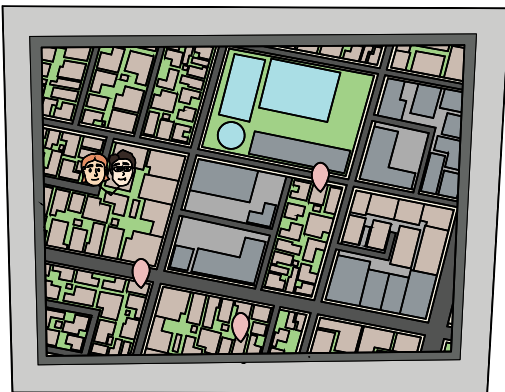


Colton asks her to put information about each place on his iPad.

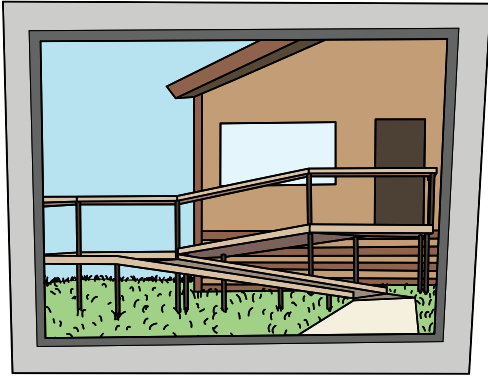


Like

- photos of the place



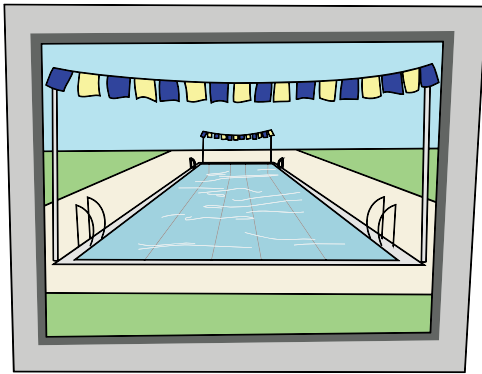
- where it is



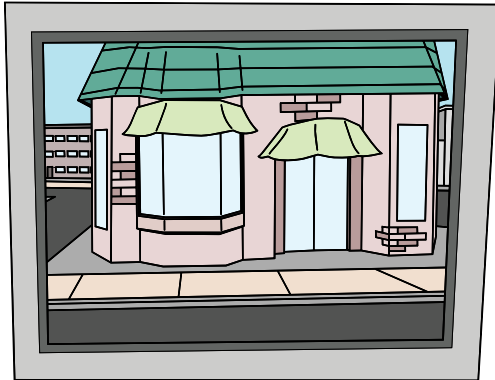
- if it is OK for his wheelchair



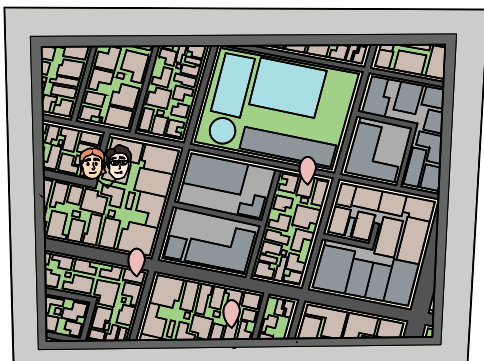
- how much it costs



- if it is close to
  - o the pool



- o good cafes



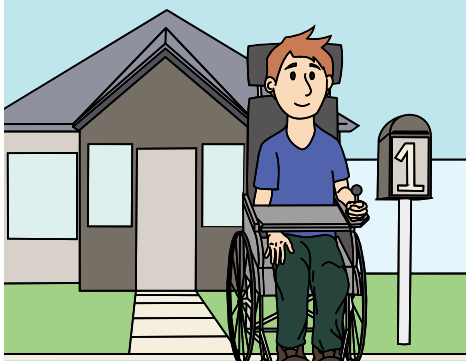
- o where his parents live.



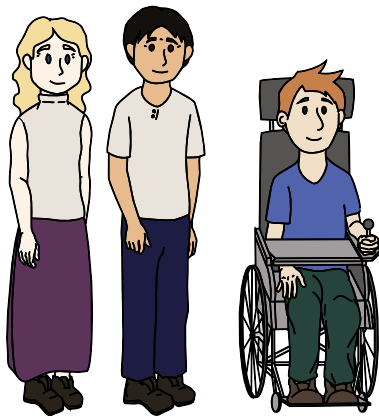
Colton and Sarah take time to do that.

It helps Colton to have time to do things.

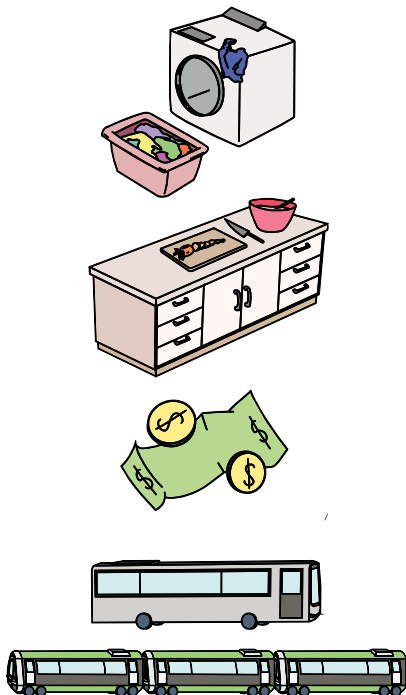
## 4. Try things out



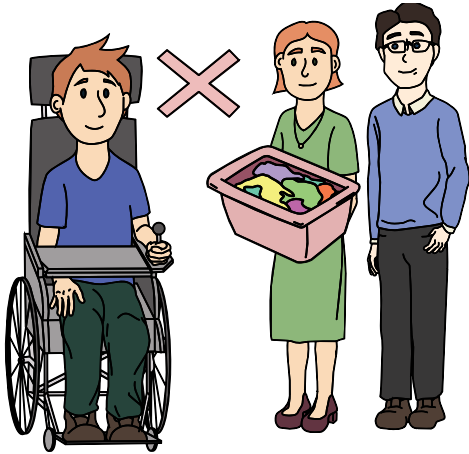
This is number 4 of Colton's story.  
Colton wants to see how it is to live  
on his own.



In his own home, Colton will need  
help to



- wash his clothes
- cook
- sort out his money
- go on the bus or the train.



Colton will do more things around the house.

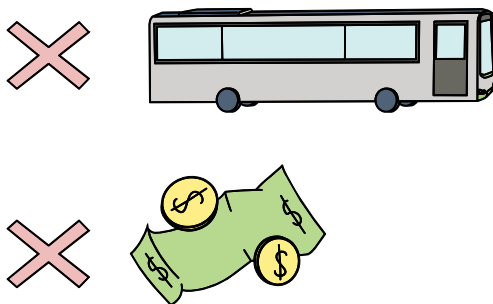
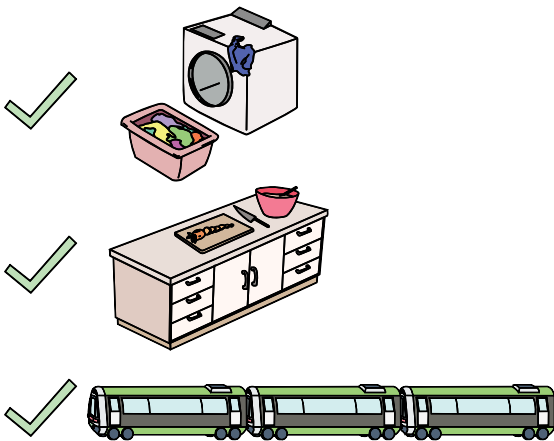
He will do it without help from his parents.

This is so he can get an idea of how it is to live on his own.

Colton tries to do all these things.

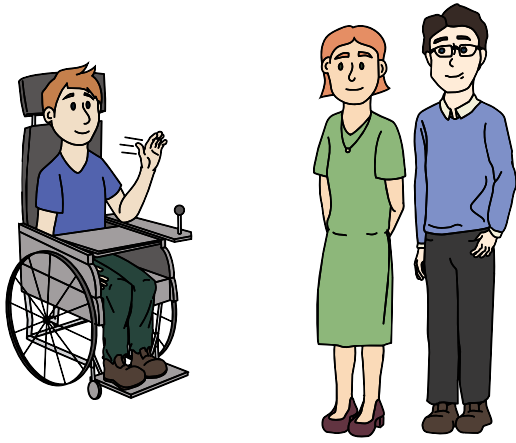
Colton finds out that he

- likes to wash his clothes
- likes to cook
- feels safe to go on the train.

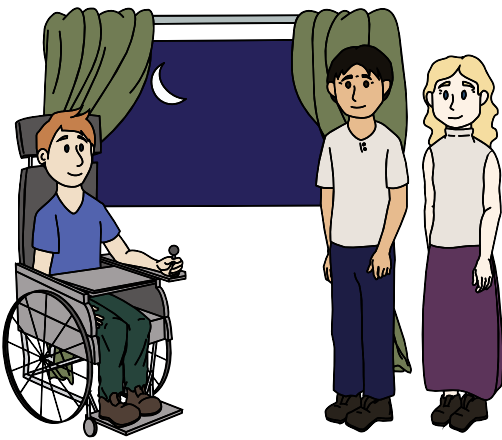


But he

- does not feel safe on the bus
- finds it hard to sort his money.

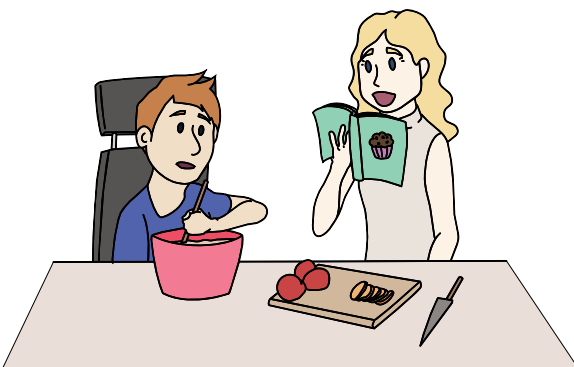


Colton tries something else.  
His parents go away for a month.  
Colton stays at home without his  
parents.



His support workers

- stay overnight
- drop in each day.



They help him

- get ready for the day
- cook meals
- go to bed.

Colton spends the rest of the time on his own.

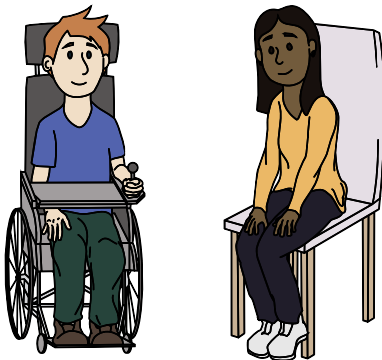


He finds that he

- likes to be on his own



- likes doing things by himself



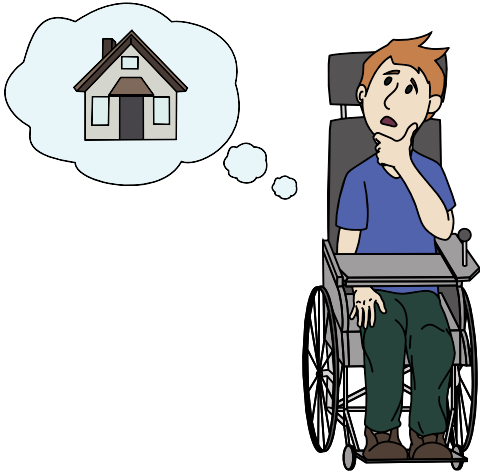
- likes to have friends over for a visit



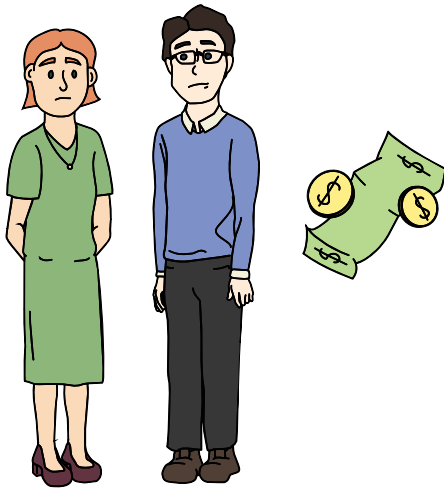
- wants to use his wheelchair to go to places near his house.

These things matter a lot to him.



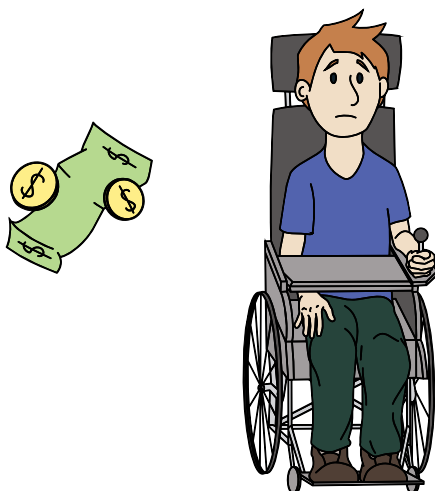


Colton thinks about what might happen once he moves out.  
His parents think about that too.



They worry about his money.

- What if he spends it all?
- What if he can not pay his rent?



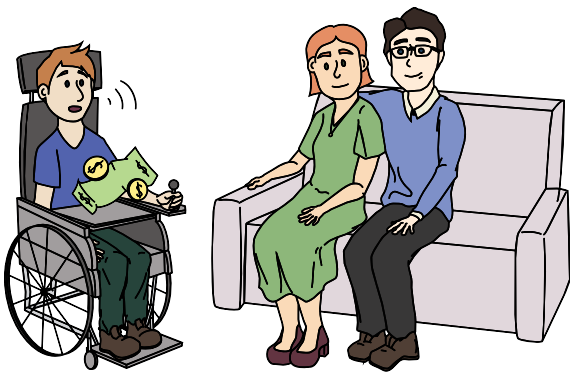
Colton is not sure that he can sort his money.



But

He still wants to move out.

He still wants to live in his own home.



So, he asks his parents to help him  
sort his money.

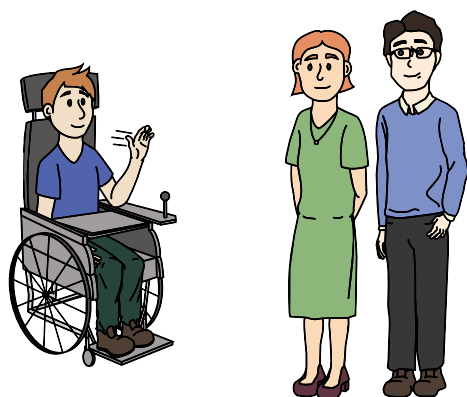


Colton will learn to do that.

It will take him time to learn.

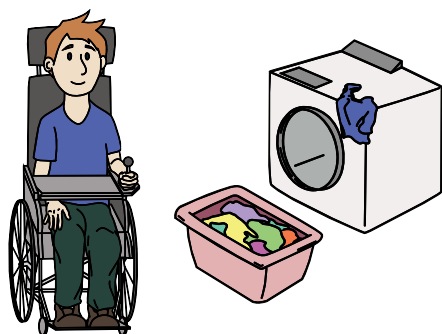
His parents will help him while he  
learns.

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



This is number 5 of Colton's story.  
Colton was happy when people asked him about

- the time his parents were away



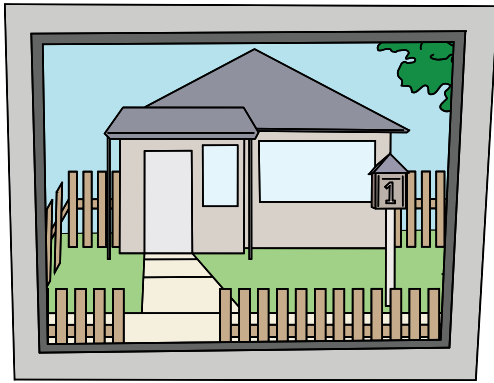
- learning to wash his clothes



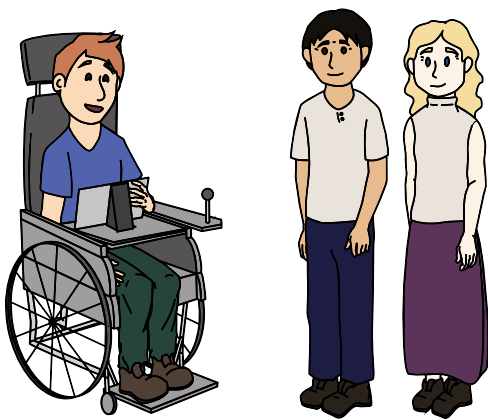
- spending time on his own



- doing things on his own.

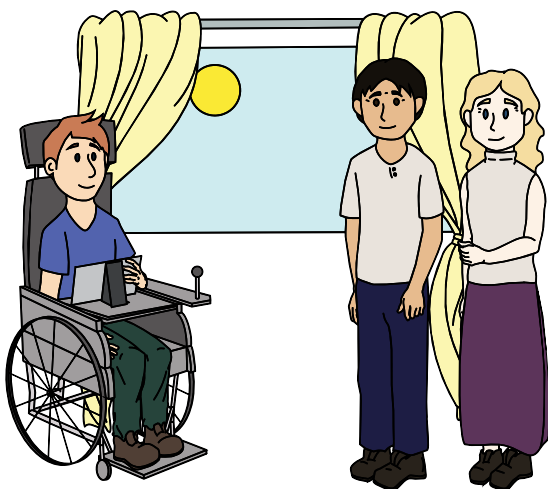


He looked at the same unit on his ipad for a long time each day.

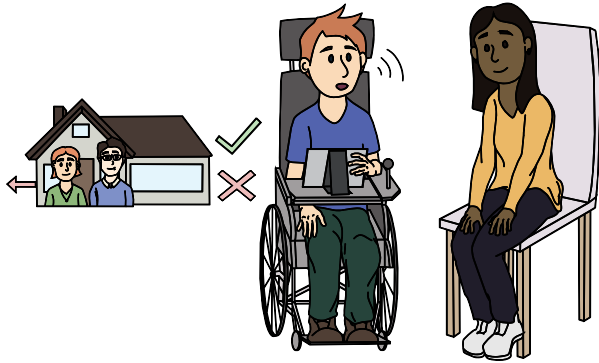


He looked at the unit when his support people asked him what he wanted to do each day.

When he looked through the unit he was happy.

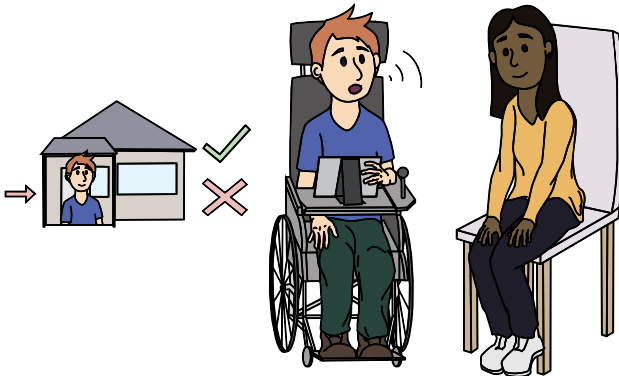


He was happy when his support people asked him if he would like to live there.



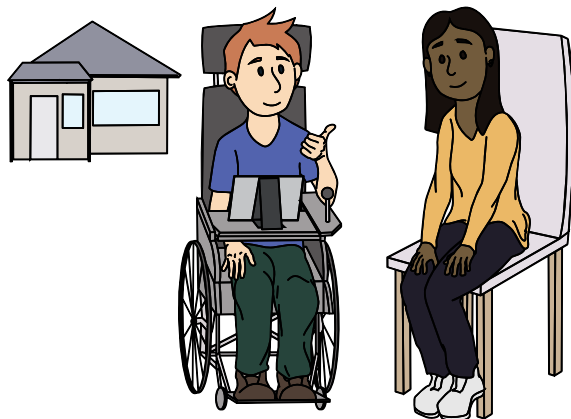
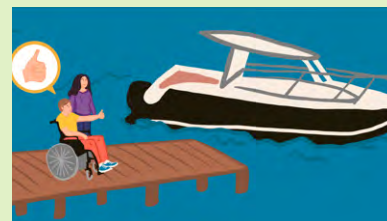
Sarah and Colton talked about

- what was good about moving out
- what was bad about moving out



- what was good about the unit
- what was bad about the unit

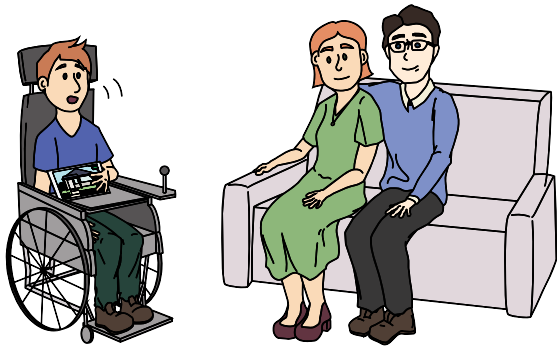
## 6. Let people know your decision



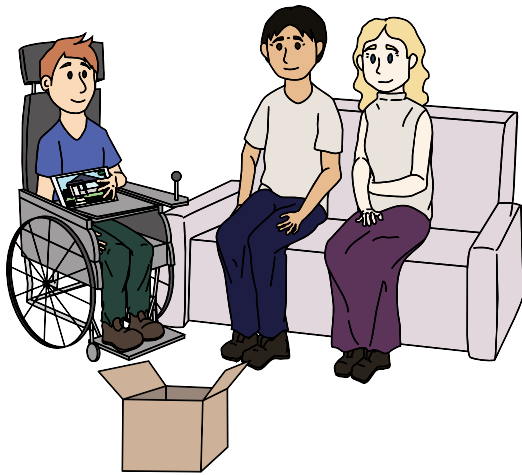
This is number 6 of Colton's story.  
Colton let Sarah know he had made his decision.  
He wanted to live in the unit.



Sarah helped Colton make a **presentation** on his iPad.  
It was about his decision to move to the unit.



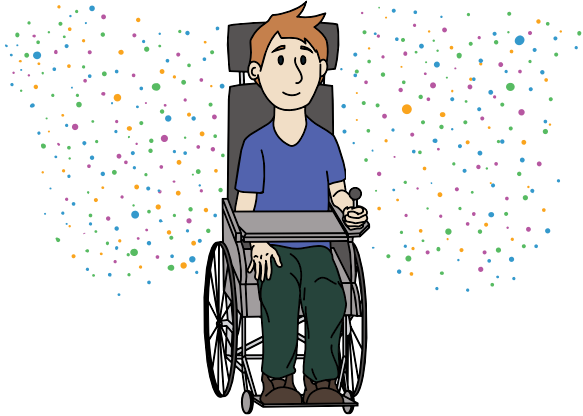
He used the presentation to tell his parents about his decision.



He used the presentation to tell his support workers about

- his decision
- how he wants them to help him move
- how he wants them to help him live in the unit.

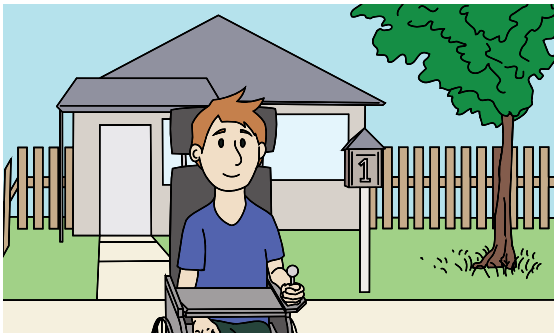
## 7. Act and reflect on your decision – you can change your mind



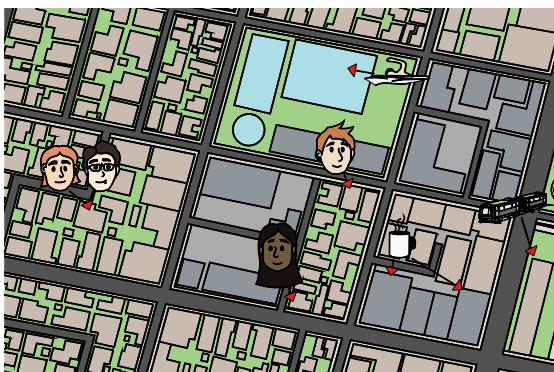
This is number 7 of Colton's story.

Colton did it!

He lives in his own home.



He and Sarah found a **unit**.

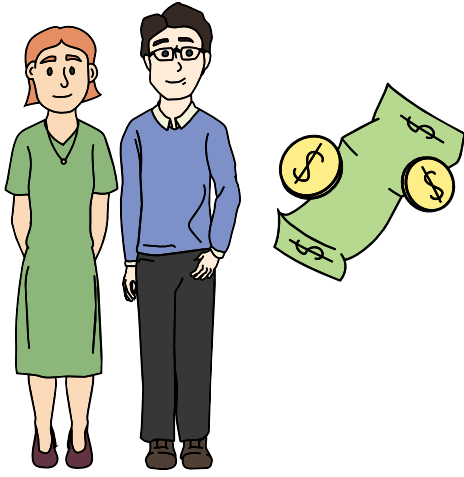


His parents and Sarah live close by.

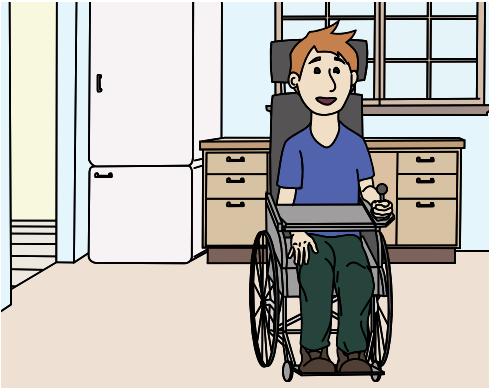
It is near

- a train line
- a pool
- some good cafes.



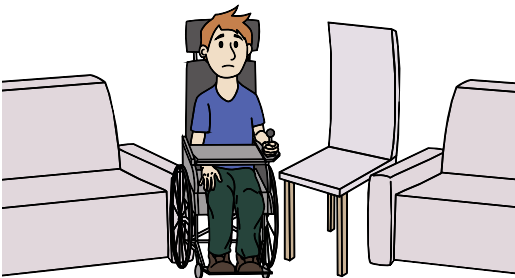


His parents still help him look after his money.



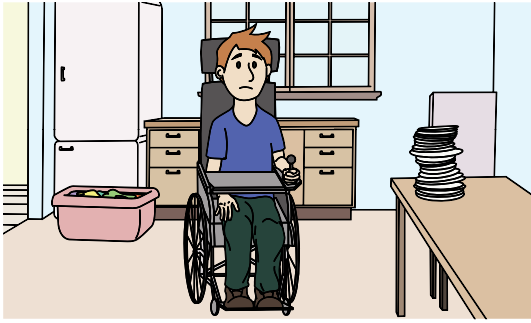
At the start

- Colton loves to be in his own home.
- He feels free.
- He can do what he wants.

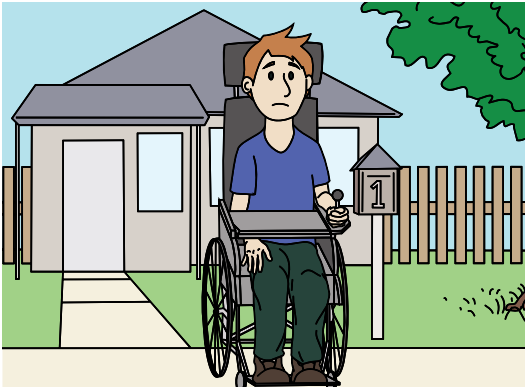


But

- He also feels lonely.



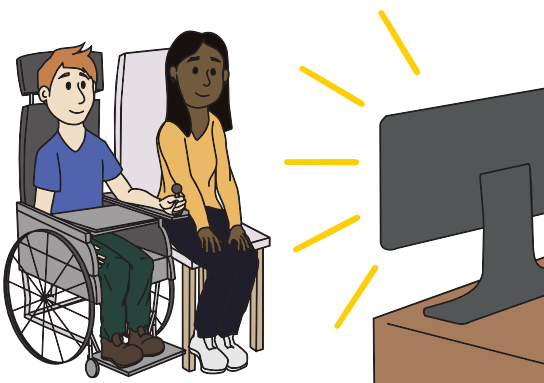
- He finds house work hard.



- He wants more help to do other things.

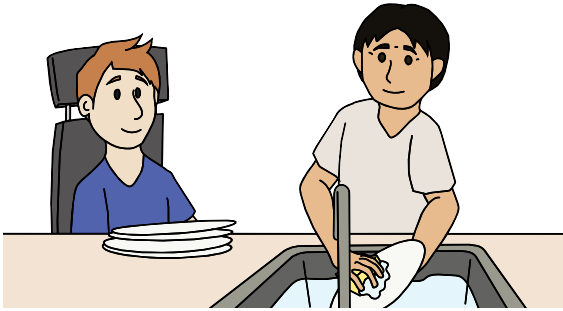


He thinks about it.

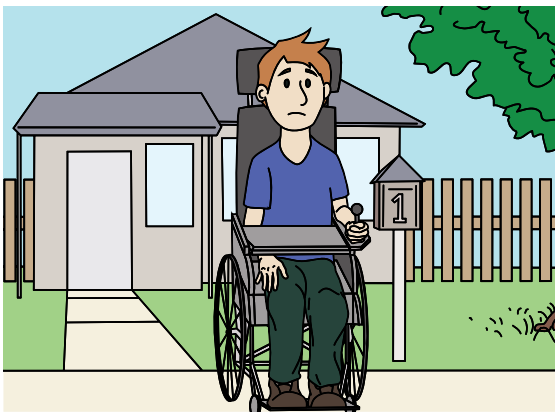


Maybe he could have people over.

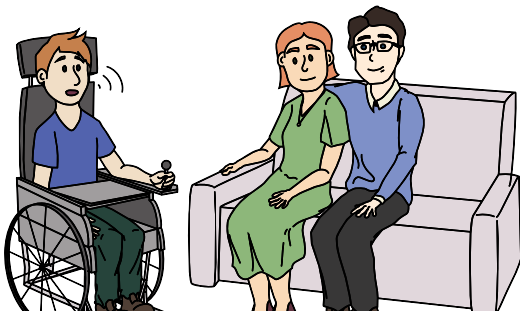
Maybe he could get more help with



- housework



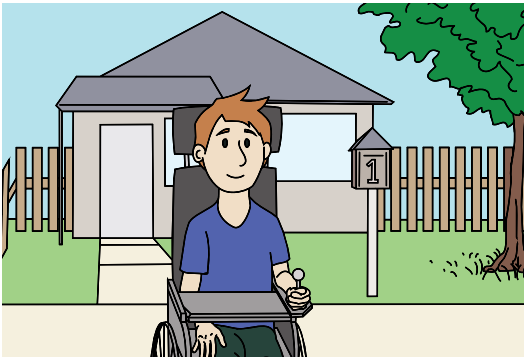
- other things.



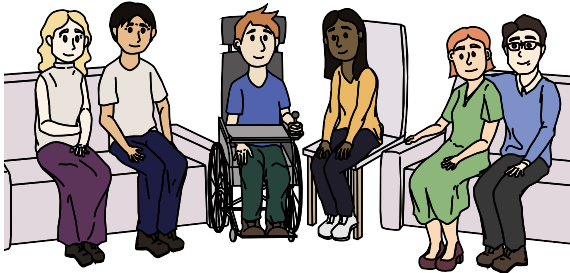
Colton talks to his parents about it.



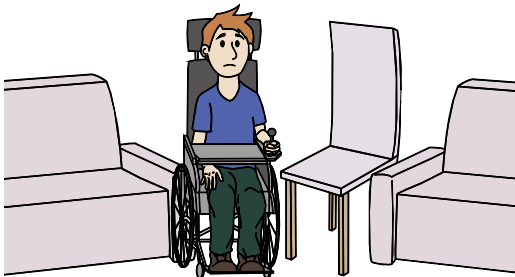
He talks to Sarah.



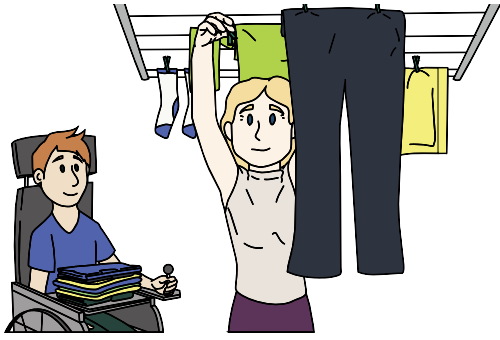
Colton decides he still wants to live in his unit.



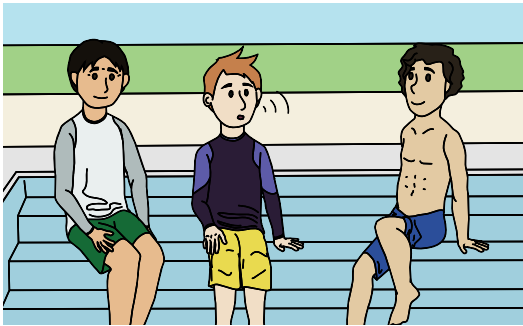
They all work together to make decisions about how Colton can



- feel less lonely



- get more help with housework



- get more help to do other things.



Colton knows it is ok to change his mind.

# Word List

## **Colton's story**

Colton's Story is available to watch at

[www.waindividualisedservices.org.au](http://www.waindividualisedservices.org.au)

## **Decision**

A decision is when you make a choice about something after thinking about it.

## **Information for Decision Makers**

Information for Decision Makers

is available to read at

[www.waindividualisedservices.org.au](http://www.waindividualisedservices.org.au)

## **Presentation**

A presentation gives information from a speaker to an audience.

## **Reflect**

To think deeply or carefully about something.

## **Supported decision making**

Supported decision making is when someone helps you make decisions about your life.

## **Unit**

A place to live which is self-contained, sometimes connected to other units, and often smaller than a house.



*My* Decisions *My* Rights *My* Supporters

## Decision Making Possibilities

