

# Making decision-making a part of life

## Decision-making support for people with cognitive disability

Information sheet for disability support workers

As a disability support worker, it is important to not only provide support for decision-making, but also increase the opportunities a person has for decision-making. Try to help the person develop skills and independence in decision-making. Skills in decision-making will improve if the person has opportunities to practice.



### Create opportunities for the person to be involved in decision-making

Think about various situations and whether you can do things in a way to give the person an opportunity to make decisions. This way, the person will get to practice making decisions and feel encouraged to participate in decision-making.

#### Try asking yourself these questions:

- How can I encourage the person to make his or her own decision about this?
- Can I prompt the person with some questions to support him or her to make a decision?

### Introduce new things for the person to try

Think about slowly introducing ideas and possibilities that might help the person consider other options for the future.

#### Try asking yourself these questions:

- What possibilities are there for the person to have more control in his or her life?
- What ideas might be important to support this person to see more possibilities?

### Encourage more autonomy

Autonomy means independence or freedom. Step back and say less to empower the person to make decisions.

#### Try asking yourself these questions:

- Is what I'm saying and doing interfering with the person making his or her own decisions?
- Does the person need more positive feedback and encouragement to develop confidence in decision-making?

### Remember

- People may need practice to make decisions.
- The more practice a person has making decisions, the more confidence they have to make decisions.
- By making little changes to how you work, you can create opportunities for people to make decisions.
- Sometimes stepping back and not saying anything will encourage decision-making.