



Making decisions

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Welcome



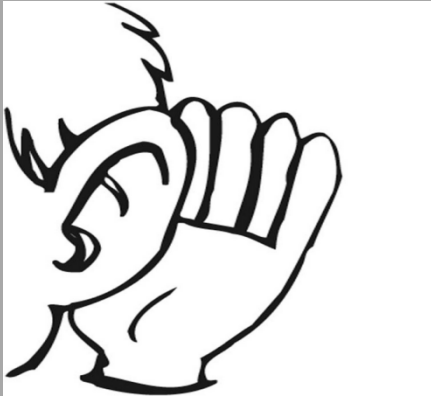
Hello

My name is Michelle



This is my baby saying hi too!

Making decisions



Today we are going to talk about making decisions.

I want to hear about when you make decisions.



And I want to tell you about what I have learned by talking to other people who need help to make decisions.

We all make decisions



Sometimes we need help to make decisions



A bit about me



Tell me a bit about you



Can you remember a decision you made?



Who helped you make the decision?



What kind of help did you need?



Was the help you were given good?

Why was it good?



Was the help you were given
not good?

Why wasn't it good?



Are there times when you
make a decision but nothing
happens about it?



What do you wish people
who help you make
decisions would do
differently?



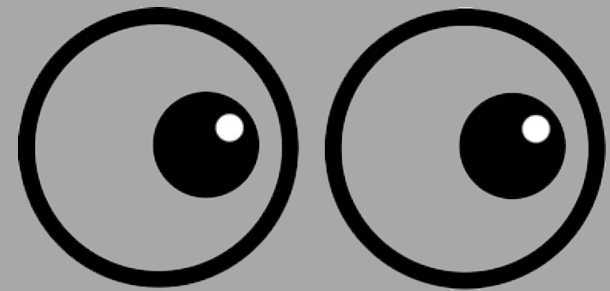
Let's take a lunch break



I studied how people are helped to make decisions



By asking decision makers and decision supporters how they made decisions together



And watching what they did when they made decisions

Decision makers have an important role

To speak up and express their will and preferences



Decision supporters have an important role

To listen and respond to the person's will and preferences



What does it mean to express your will and preferences?

When you are making a decision you need to tell your decision supporter what you want. To understand what you want they need to know things like your hopes and dreams, goals and priorities, likes and dislikes.



There were five things that
made it hard for decision
makers to say what they
wanted



1. The decision maker was not confident



This was because they did not have much experience making decisions, and other people had told them they couldn't make decisions in the past.

2. The decision supporter knew what was best for the decision maker

So they didn't ask the decision maker what they wanted,
or listen when they tried to tell them!



3. They had a bad relationship

Some decision makers felt their supporter did not listen or respect what they had to say. Sometimes decision makers did not trust their supporter. Especially when supporters saw the decision maker as different because they had a disability.



4. No time



Some decision makers needed time to understand their options and say what they wanted. When supporters were rushed and under time pressure they could make it difficult for decision makers to say what they wanted.

5. The decision was hard

Sometimes decision makers found it hard to say what they wanted because the decision was hard. Even with support it could be hard to understand their options and what could happen in the future.



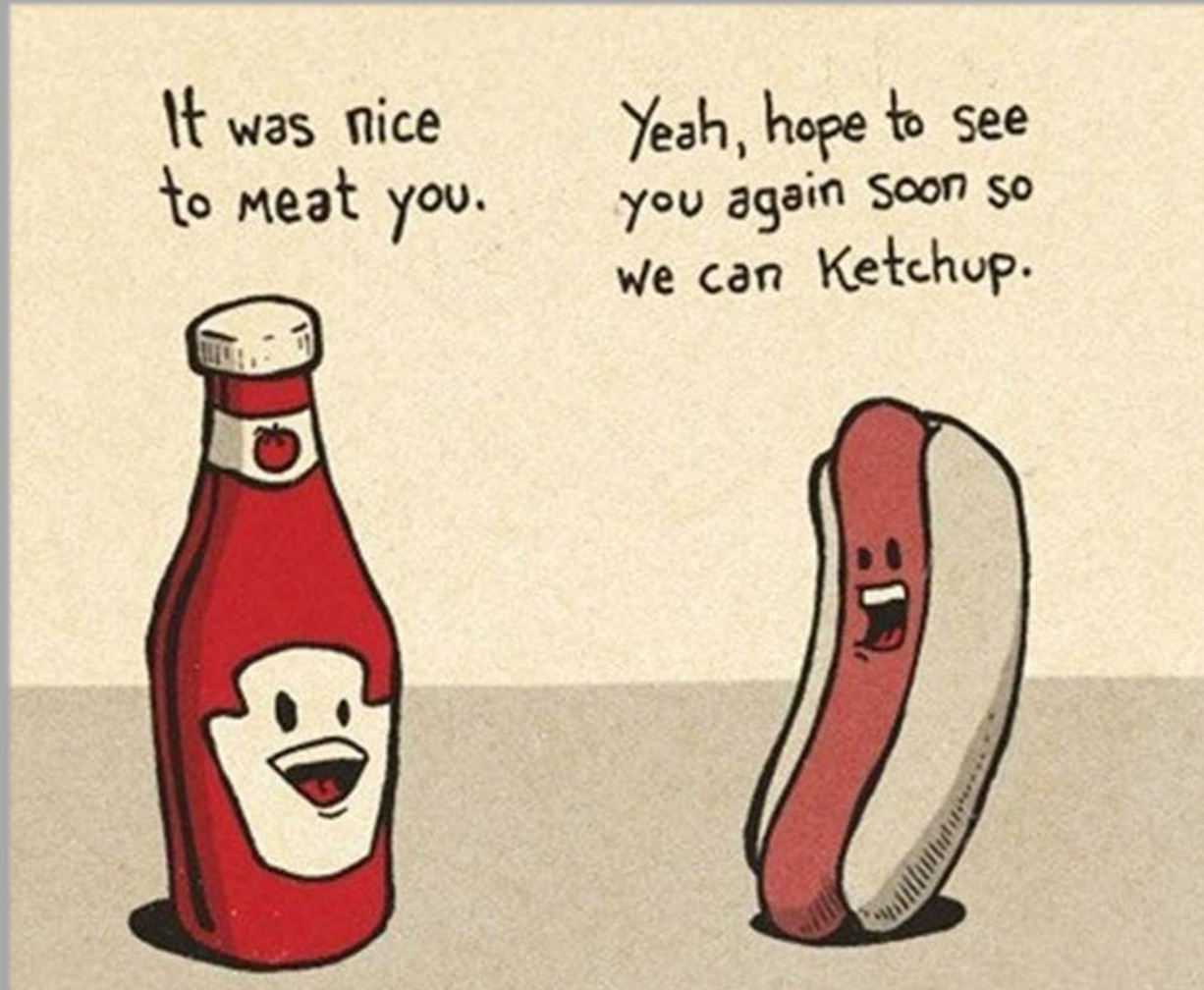
What stops you from saying
what you want when
someone helps you to make
decisions?



How could your supporter
help you speak up?



Best of luck making decisions in the future





Thank you

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