



My Decision Making Toolkit

- ✓ Everyone has the right to make decisions about their own life
- ✓ These decisions should be respected
- ✓ You can use support to make decisions



**I can make decisions
with support**

- ✓ A decision is when you think before you choose to do something
- ✓ Sometimes decisions can be made up of different parts

Do I have a decision to make?

What is the most important part of this decision to me?



Do I have a decision to make?

- ✓ Everyone needs support to make decisions
- ✓ Support looks different for each person and each decision



**What support do I need for
this decision?**

Sometimes people need support to understand information

This might mean:

- Someone to explain information
- Support to read information
- Support to find information

Remember some information is private



How do I get information?

Information can come from many places

- > Friends or family
- > Experts like a doctor
- > Other people in your life like your support worker, hairdresser or bus driver

It is important to think about where you get information and who you trust



Where can I get information?

- ✓ It is useful to think about decisions you have made before
- ✓ We learn from our mistakes and successes
- ✓ You might need someone to help you remember

Have I done this before?

What happened?

What could I do differently?

What support do I need?



What have I done before?

- ✓ What would I really like to happen?
- ✓ What is special about that to me?
- ✓ Sometimes we need support to think of more ideas and options



**What would I really like
to happen?**

- ✓ When making a decision it is important to think about the good and bad things that could happen
- ✓ We all take risks and that is ok
- ✓ Think about the best option for you now
- ✓ Think about who else your decision affects
- ✓ Not everyone may like your decision



**What are the good things?
What are the bad things?**

What are the good things that could happen?



What are the bad things that could happen?

What can I do to make the bad thing less likely?

What are some reasons it might not work?

Who else is affected by this decision?

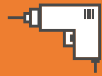
**What are the good things?
What are the bad things?**

Say your decision!

- ✓ You have thought about many things to make a decision
- ✓ You might need support to make sure other people respect your decision
- ✓ Some decisions are the best thing to do for now
- ✓ You can make another decision later



This is my decision



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