

Supported Decision Making

Making a Decision Support Card

What does support look like to me?

The decision support card describes the basic support needs of an individual. They are able to carry this card around with them and, should the person find themselves in a situation where they are unable to communicate these needs, or others are not understanding their needs, the information is readily available. It acts as a safeguard similar to an 'in case of emergency' number on your phone.

What might you include in a decision support card?

Each person's decision support card will look different as each person makes decisions differently and needs different supports to make general decisions. As the card acts as a safeguard it is best to include the basic and core support needs often needed by the person.

Things which help the person make decisions. This might include:

- Getting information.
- Their communication preferences.
- A comfortable environment.

Questions the decision maker should be asked.

When their supporters should be contacted.

Names and contact details of the key people in the person's support network.

What questions could you ask to understand what the decision maker wants on their decision support card?

What do you need to make your best decisions?

e.g. Do you prefer making decisions before or after eating?

Do you prefer to make decisions before or after medication?

How do you like to communicate with people?

How do you like to get information?

e.g. Do you like people to read information to you?

Do you like to read information yourself in simple language?

What do you find hard when you have to make decisions?

What would you like to tell people about how you make decisions?

Who supports you the best/the most?

Who would you like someone to call if there was an emergency?



Example Card:

What support looks like to me

My name is _____ and I have the right to participate in decisions about my life. Sometimes I need support to do this.

I need support to understand when a decision needs to be made, what the options are and the consequences of my decision.

I make my best decisions in the morning after I have had something to eat and drink.

It takes me a bit longer to make a decision than some other people. Please use simple language and allow me some time to think about and talk through my options with my support network before asking me to make a decision.

Thank you for enabling my right to participate in decisions about my life.

What support looks like to me

My name is _____ and I have the right to participate in decisions about my life. Sometimes I need support to do this.

The people who know me and my support needs best are:

Name (contact details)

Name (contact details)

Name (contact details)

Please contact them if...

Thank you for enabling my right to participate in decisions about my life.

Do you want more information about ADACAS and Supported Decision Making?

Phone: (02) 6242 5060

Email: supportmydecision@adacas.org.au

Website: www.support-my-decision.org.au or www.adacas.org.au