



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



How do I get information?

Information can come from many places

- > Friends or family
- > Experts like a doctor
- > Other people you meet or chat to like your hairdresser or bus driver

It is important to think about who is giving you the 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



**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 now
- ✓ You can make another decision later



This is my decision



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