



# 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?**

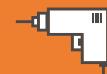
**What are the good things?  
What are the bad things?**

## 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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