Helping People Make Decisions

This information sheet is about helping people make decisions
People make lots of decisions such as

- what to eat
- where to live
- how to spend their money
**Supported Decision Making**

It is important for people to make their own decisions

- It gives them control over their life

- Some people make decisions on their own

- Some people need help to make decisions

- This is called **Supported Decision Making**
People with disability have the right to

- make their own decisions

- have help to make decisions

- say what they want to do

- take risks
Support to make decisions

- You can choose who helps you to make decisions
- A person who helps you is called a supporter

- A supporter can be a family member, friend, carer or anyone else you choose

- Supporters help you find the information you need to make your decision
- Supporters help you think about what might work and what might not work

- Supporters help you tell other people about your decision
Where to find out more

ADACAS – Support my decisions
Telephone 02 6242 5060

My life, my decision – handbook for decision makers

It’s my choice. A guide for people with disability, their family, carers, friends and advocates

Decisions decisions decisions, speak out advocacy

Public guardian information and support branch
Telephone: 02 8688 6070, 1800 451 510