

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](#)

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