

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, speak out advocacy





Public guardian information and support branch

Telephone: 02 8688 6070, 1800 451 510

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