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Social Policy Research Centre

Guide for Supported Decision Making



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About this guide



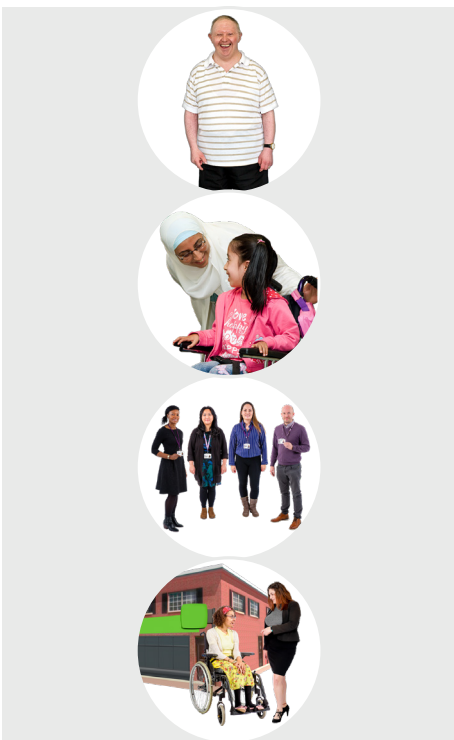
This guide is about doing supported decision making well.

Supported decision making is when someone helps you make your own choices.



Not everyone with disability needs support with decision making.

Support is needed for some things and not others.



This guide is for

- People with disability
- Family and friends of people with disability
- Government
- Disability organisations and services



This guide helps people understand how to use supported decision making.

People should use this guide to work together with people with disability.

Principles for supported decision making



Supported decision making has 4 principles.

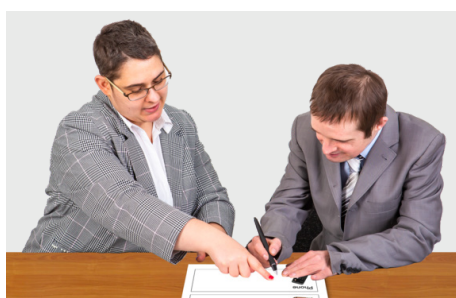
Principles should be followed in supported decision making.



1. Everyone has the right to respect and make choices in life.



2. People should be able to have support to say and choose what they want.



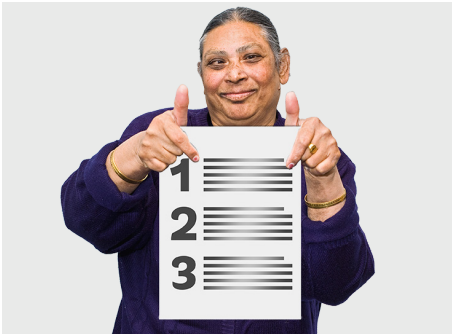
3. When you support someone to make a decision think about their rights and what they want.



4. You must always respect the human rights of people with disability.

Human rights are rights that everyone has.

Important things about supported decision making



Here is a list of important things for supported decision making.



The person with disability needs to trust the person who supports them.



The support person needs to know the person with disability well.



The support person must understand the rights of the person with disability.



The person with disability should also talk with other people about their decisions.

This could be family or friends.



The support person must understand how the person with disability likes to communicate.



Communicate means the way we tell other people what we think like talking or writing.



The support person should understand that it is ok to make a decision that has risks.

Risks are bad things that can happen.



The person might have a disability that makes it harder to make decisions over time.

The support person needs to know what they would choose when the way they communicate changes.



The support person should know what might upset the person with disability.

They need to be able to support them when they get upset.



Everyone will have different support needs.

The support person needs to learn many ways to support the person with disability to make different decisions.



The support person and person with disability should talk after about how well the supported decision making went.

This will help them do it better each time.

What person with disability can do



These are the things you can do to use supported decision making.



If you want support with decisions you should think about what help you want.



You should think about

- What helps you make decisions
- How you would like to tell others what you want
- What kind of information you need



You should think about who can support you well.

They could be your family, friends or support worker.



You need to choose what kind of decisions the support person will help you with.



You need to have support to understand information that helps with your choice.



You also need to understand all the choices you have.



Being part of making your own decisions will make you feel

- Safe
- Respected
- Listened to

What the support person can do better



These are the things the support person can do to make supported decision making better.



The support person should know the rights of the person with disability and respect them.



They should think about other people who might help with decisions like family or friends.



They need to make sure the person with disability understands what supported decision making means.



They should think about

- How does the person say what they want
- The culture of the person
- What the persons needs
- What keeps everyone safe



They should support the person with disability to learn from making their decisions.

This will help them get better at making decisions.

What organisations and services can do better



These are things that organisations and services can do to make supported decision making better.



Organisations and services need to look at how they do supported decision making.

They need to think about what they can do better.



They need to ask the person with disability if they need support with their decisions.



They should ask the person how they would like to be supported.



Staff need to have time to do supported decision making.



Staff need to learn about how to do supported decision making.

This could be training.



Staff need to know how to

- Keep everyone safe
- Support the person with disability to understand their choices



The rights of the person with disability are the most important thing.

What the community can do better



Many people do not know about supported decision making.



Even people with disability and their support people do not know about it.



We want to change that.



We want everyone to know about supported decision making.



People need to understand how to make supported decision making better.



They also need to know what the issues are.

This could be issues for people who speak a different language.



People need to be able to have their say about what works and what can be better.

What Government can do better



The government needs to do things to make supported decision making better.



Everyone has the right to make their own legal decisions.



Legal decisions are big decisions we make about things like money, housing or health.



When the government makes new laws they need to think about

- Making sure everyone stays safe and follows the law
- Dignity of risk.

Dignity of risk means that you have the right to take some risks in your life.



There are rules to protect us

- Disability Standards
- NDIS Quality and Safeguards Commission



Disability Standards say what disability services need to do when working with people with disability.



NDIS Quality and Safeguards Commission make sure that disability services do the right thing.

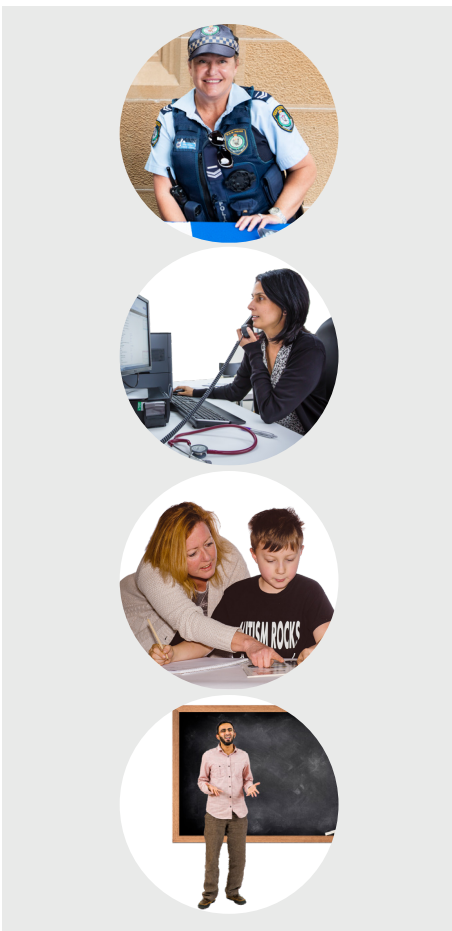


Government needs to change the policies to make supported decision making better.

Policies are guides to tell people the right things to do.



Policies need to make sure people use supported decision making with the people they support.



This could be for

- Courts and the police
- Health services
- Services that make sure children are safe
- Schools and universities



Policies should tell the community and organisations about supported decision making.



Government should give organisations money so that they get better at supported decision making.

This money could be for things like training and support.

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **business@cid.org.au**.