

DACSSA DISABILITY ADVOCACY SUPPORT FOR DECISION MAKING

THIS FACT SHEET IS FOR ANYONE LIVING WITH DISABILITY IN SOUTH AUSTRALIA WHO MIGHT NEED OR WANT SUPPORT TO MAKE DECISIONS.

WHAT IS SUPPORTED DECISION-MAKING?



All people, including people with a disability, have the same rights and freedoms.

Being supported to make decisions about your own life is a basic human right.



Supported decision-making is when someone you trust helps you to make important decisions about your life.

These might be decisions such as:

- your health
- where and how you live
- your goals
- services.



WHO COULD I ASK TO SUPPORT ME WITH MAKING A DECISION?



When you need support to make a decision, a good person to ask is someone that:

- you feel safe with
- you respect
- you trust
- treats you well.



It could be a:

- member of your family
- friend
- community member
- guardian – a person who is responsible for your wellbeing and safety.



You might also get help from:

- professionals - people whose job it is to help
- multiple people - you may choose different people to support you for different decisions.



A SUPPORT PERSON WHO IS RIGHT FOR YOU WILL:



Make you feel comfortable and like you can speak freely and openly.

The right support person will listen to you.



Understand you. This includes:

- Your values and what you find important
- Your goals
- Your wishes.



They will offer you their point of view based on how well they know you.



A SUPPORT PERSON WHO IS RIGHT FOR YOU WILL:



Allow you to take your time.

Help to explore your options with you.



Understand your disability needs.

Understand your communication needs.

Support you to express yourself, your way.



HOW CAN THEY SUPPORT ME?



Help you understand **what** decision needs to be made.

Give you information about **why** the decision needs to be made.



Explore what your **options** are.

Weigh up positive and negative things that could happen with each option.



They will explore **risks** that may come as a result of a decision.

They will help to think about things you can do to stay safe and happy.



Help to make sure you are listened to when you are telling others about your decision.

