

SUPPORTED DECISION MAKING

This fact sheet is for anyone living with disability in South Australia who might need or want support to make decisions.

What does supported decision making mean?

Supported decision making happens when you are supported by someone you trust to help you make decisions that affect your life. It's about helping you make a decision that's right for you and considers all relevant information. You can seek support to make decisions no matter how big or small the decision.

Background

You have the right to freedom of expression of your opinions, meaning you are free to seek and receive information, share your ideas and be included equally. Other people have an obligation to make sure you're able to exercise this right and have your wishes heard, especially when your wishes relate to things in your life that affect you.

If someone is supporting me to make a decision what will they do?

If someone is supporting you to make a decision they might:

- Help you understand what decision needs to be made
- Give you information about why the decision needs to be made
- Explore possible decision options with you
- Weigh up the positive and negative outcomes of different decisions
- Explore possible risks that may arise as a result of your decision and help you think about things you can do to remain safe and happy
- Ensure you're listened to when you're ready to make your decision



A good decision support person will be someone who:

- Respects you and someone you trust
- Knows and understands your values, goals and wishes
- You can speak openly with
- Understands your disability needs and the way you communicate
- Allows you to take your time and explore your options