



Supporting me to make a decision

You have the right to make decisions and be in control. We all need help to make decisions about our lives, you should be involved as much as you can. If people are making decisions for you, you should ask why. You can use this leaflet to help you and your supporter think about things and make decisions.

When someone is helping you make a decision, ask them to go through these questions with you. You can write your answers here or on another piece of paper.

What helps me make a decision?

How do I like to be given information? *For example: text, pictures, talking.*

Who do I like to help me?

Do I need time to think before I make a decision?

Where do I like to talk about things?

What time of day is best for me to make important decisions?

Do I like to make one decision at a time?

How can I tell you if you are going too fast for me to understand?

What are the things that make it hard to make a decision? For example: *Being rushed, too much information.*



Making a decision

Follow these steps with a supporter

What is the decision?



What type of information
do I need to help me
understand?



What might change if I
make this decision?



What support do I need
to make this decision?



How do I tell the people
who need to know about
my decision, so they can
support me with it?



I make the decision.

