

Supported Decision-Making

What is Supported Decision-Making?



Every person has the right to make their own decisions.

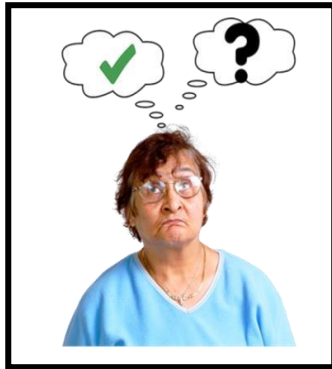
Sometimes you might need support to make your decisions.



Supported decision-making means that people can support you to make your own decisions.

This way you have control and choice over your life

Why is Supported Decision-Making important?



Making your own decisions is a human right.

This means that everyone has this right.

Getting support to make decisions is also your right.

You should have the same control over your life as other people have over their lives.



Supported decision-making is a **right** in the **United Nations Convention on the Rights of Persons with Disabilities**.



The convention says that:

everyone has the right to make decisions about their own lives

everyone should have the support they need to make decisions

How does Supported Decision-Making work?

You will choose who you want to support you with your decisions. If the person agrees, they should get training in how to support you.

The person will usually register as your official decision supporter. You will get help from your supporter to think about what choices you have.

You will think about what might happen after you make some decisions.

You will discuss any changes to your life and any changes to other people's lives that could happen when you make your decisions.

You will think about how easy or hard it will be to change your mind once you have made the decision.

Once you have made your decision you can get support to act on it if you want.

Remember

You have a right to make your own decisions about your own life.

You have a right to choose who will help you make decisions.

Everyone needs support with decisions in their life.

It is important that people supporting you to make decisions get to know you well or already know you well.

You can change your mind – it's your life!

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