



Whaimana
Support My Decisions

What is supported decision-making?

Adapted in 2026 by Accessible Formats Service,
Blind Low Vision NZ, Auckland

Transcriber's Note: There are two logos at the top of the page. The logo on the left is Whaikaha—Ministry of Disabled People. The logo on the right is Whaimana—Support My Decisions.

What is supported decision-making?

Supported decision-making helps people make their own choices about their lives, with the support of people that they choose.

What is involved?

Supported decision-making means helping someone make their own choices. A person might need support to:

- gather information
- make information easier to understand
- look at the good and bad points of each option
- think about what matters to them
- understand the decision
- make the decision
- feel confident
- put the decision into action.

Having this support respects the decision-maker's right to make decisions about their life. Supported decision-making is based on two human rights:

- everyone has the right to make their own choices
- everyone has the right to support to make their own choices.

Supported decision-making involves a decision-maker and one or more supporters.

The decision maker:

- chooses the supporter
- is at the centre
- makes the decision.

The supporter:

- can be anyone that the decision-maker trusts. They may be a family member, friend, or someone who supports the decision-maker as a job
- gets to know what is important to the decision-maker and what support works best for them
- helps the decision-maker to understand and think about options.

What types of decisions?

Supported decision-making can be helpful for all sorts of life decisions. Whatever the decision, the decision-maker has the right to be supported to make their own decisions wherever possible.

Supported decision-making can help people decide day-to-day things like:

- what to eat
- what to wear
- how to spend free time.

Supported decision-making can help people make lifestyle choices like:

- special diets
- exercise habits
- relationships.

Supported decision-making can help people make life-changing decisions like:

- medical care
- money matters
- work options.

For more information visit:

<https://www.supportmydecisions.nz/what-is-sdm> or
www.supportmydecisions.nz/100

End of What is supported decision-making?