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Whaimana
Support My Decisions

Whaimana—Support my decisions

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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.

Whaimana—Support my decisions

This website shares information and resources about supported decision-making. Supported decision-making helps people to make their own decisions about their lives.

Empowering choices, honouring rights

Everyone has the right to make decisions about their life. These decisions can be everyday choices, like what to wear. These decisions can be life-changing choices, like where to live.

Making decisions can be hard sometimes. That's why we often ask someone we trust for help. A friend might help you pick new glasses. A mechanic might explain the options for repairing your car. We get help, but in the end, we make the final choice.

Some people might need extra support to help make decisions. Many things can affect people's ability to make decisions. Some examples are:

- Dementia
- brain injuries
- learning disabilities
- mental distress
- neurodiversity (different ways of thinking).

Supported decision-making means helping someone make their own choices, even if they need extra support.

This website explains supported decision-making and how to use it. It's helpful for anyone including:

- decision-makers
- family, whānau, and friends
- paid supporters
- supporters who have EPOA (Enduring Power of Attorney) or Guardian roles
- advocates (people who speak up for others).

Let's make sure that every New Zealander gets the support they need to make the decisions that matter to them.

Mā ngā hau whakapiki ka rere ai te manu. The bird flies with the help of the supporting winds.

For more information visit:

<https://www.supportmydecisions.nz/> or

www.supportmydecisions.nz/

End of Whaimana—Support my decisions