



Whaimana
Support My Decisions



Whaimana – Support My Decisions:

About our website



Published: June 2026

Whakataukī



A whakataukī is a Māori saying that shares an important message.



Mā ngā hau whakapiki ka rere ai te manu.

Here are the English words of the whakataukī.



The bird flies with the help of the supporting winds.

About this Easy Read



This Easy Read is about the website
**Whaimana – Support My
Decisions.**



Whaimana – Support My Decisions
is a website that shares things about
supported decision-making like:

- information
- **resources.**



Supported decision-making is a
way to:

- support people to make choices
about their own lives

with

- the support of the people they
choose.





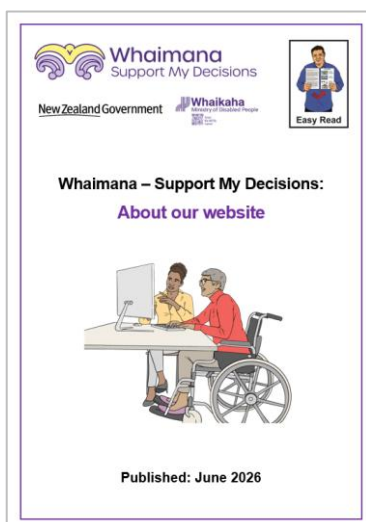
Here **resources** are things to assist people with supported decision-making like having information from different organisations.



Whaimana – Support My Decisions is called **Whaimana** for short in this Easy Read.



In this document the people who make decisions are called **decision-makers**.



This Easy Read is called:

Whaimana – Support My Decisions: About our Website.



There are 5 other Easy Reads about what is on the Whaimana website:

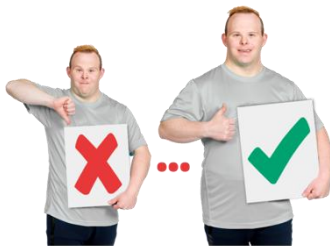
- What is Supported Decision-Making?
- Why is Supported Decision-Making Important?
- How to do Supported Decision-Making
- Supported Decision-Making Stories
- Changes to New Zealand Laws to do with Decision-Making.



You can visit the Whaimana **website** at:

www.supportmydecisions.nz

The Whaimana website has been made by the **Ministry of Disabled People – Whaikaha**.



The **Ministry of Disabled People – Whaikaha** works to make change for disabled people to make their lives better.



The Ministry of Disabled People – Whaikaha makes things better for disabled people by working with:



- the Government
- the community
- businesses.



When you see the words **we / us / our** in this document they mean the Ministry of Disabled People – Whaikaha.



Making your own decisions is important.

Everyone has the **right** to make decisions about their life.



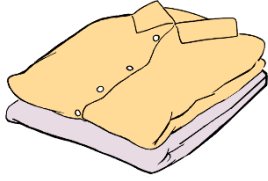
Rights are things that the law says every person should:

- have
- be able to do.



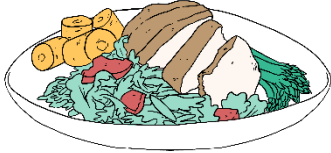
Rights are things like:

- having a safe place to live
- getting the healthcare you need.



These decisions can be choices people make every day like what to:

- wear
- eat.



These decisions can be to do with big changes like:

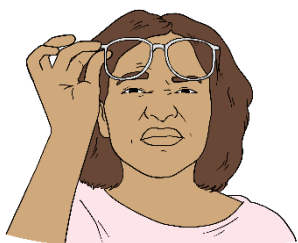
- where to live
- who to live with.



Making decisions can sometimes be hard.



You can ask someone you trust to support you to make a decision like a:



- friend who might support you to do something like choose new glasses



- mechanic who might tell you the different ways your car can be fixed.



You:

- can get support to make a decision

but



- you make the choice you want to make.



Some people might need extra support to help them make decisions.

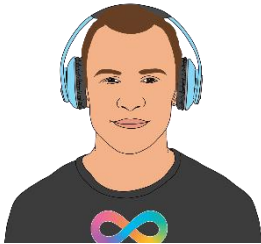


There are many things that can make it harder for people to make their own decisions.

These can be things like:



- **brain injury**
- **dementia**
- learning disability
- **mental distress**
- **neurodiversity.**

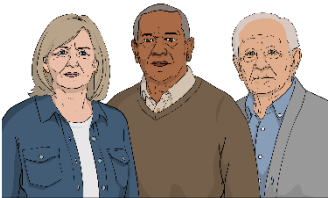


A **brain injury** is when a person hurts their brain by doing something like hitting their head very hard.

A brain injury can change the way a person:



- thinks
- does things.



Dementia is a medical condition that causes people to not be able to:

- remember things very well
- think the way they used to
- communicate with other people easily.

It is usually older people who get dementia.

Mental distress is when a person is finding things very hard with their mental health.



Neurodiversity is the idea that there are natural differences in how our brains work.



It says no to the idea that some people have brains that work in ways that:

- are wrong
- need to be cured / fixed.



Neurodiversity says the world should work well for everyone.



Supported decision-making means supporting you to make:

- your own choices
- decisions when you need extra support.





The Whaimana website supports people like:



- decision-makers

- whānau / family

- friends



- paid supporters like carers

- supporters who have **enduring power of attorney / EPOA**



- **guardian** roles

- **advocates.**



An enduring power of attorney / EPOA is a legal document that says who you want to make decisions for you if you cannot make decisions for yourself.



A **guardian** is an adult put in charge of the care of a person.

A guardian should:

- take care of the person
- keep the person safe.



An **advocate** is a person who supports someone to make sure:

- their voice is heard
- other people understand their decisions.



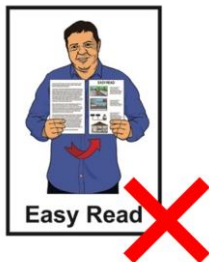
It is important to make sure every New Zealander gets the support they need to make the decisions that matter to them.

More information



For more information about supported decision-making visit our **website** at:

www.supportmydecisions.nz



This website is not in Easy Read.



You can also contact us if you have any questions about Whaimana by:



- **emailing** us at:

contact@whaikaha.govt.nz

- **calling** us at:

0800 942 452.





If you find it hard to use the phone
the **New Zealand Relay** service is for
people who are:

- Deaf / hard of hearing
- deafblind
- speech impaired / find it hard to talk.



You can find out more about the
New Zealand Relay service at:

www.nzrelay.co.nz

This information has been written by the Ministry of Disabled People – Whaikaha.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.



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