



Whaimana – Support My Decisions:

Supported Decision-Making Stories

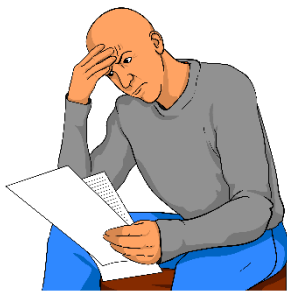


Published: June 2026

Before you start



This is a long document.



It can be hard for some people to read a document this long.

Some things you can do to make it easier are:



- read it a few pages at a time
- set aside some quiet time to look at it
- have someone read it with you to support you to understand it.



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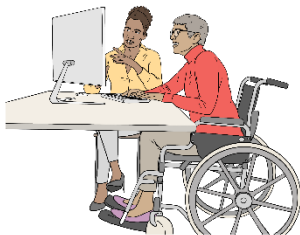


This Easy Read is about the website
**Whaimana – Support My
Decisions.**



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.





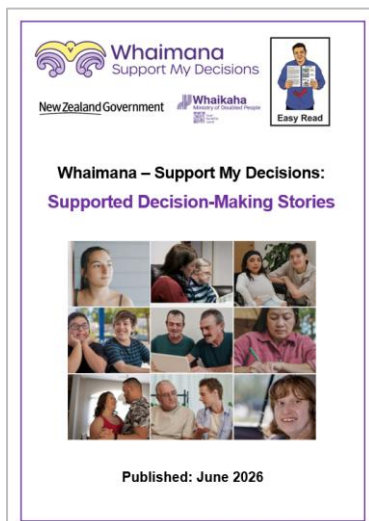
Here **resources** are things to assist people with supported decision-making like having information from different organisations.



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

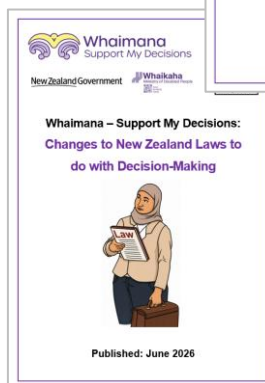
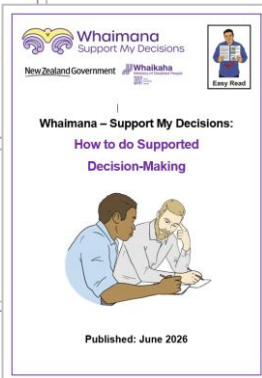
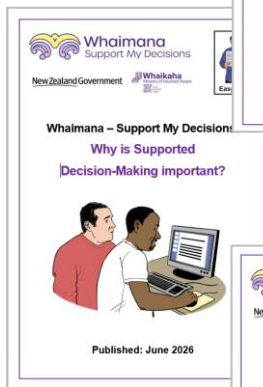
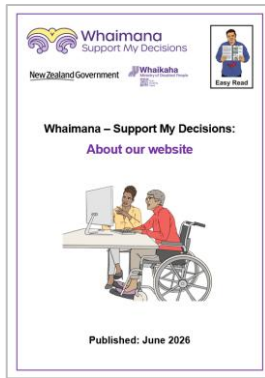


In this document the people who make decisions are called **decision-makers**.



This Easy Read is called:

Whaimana – Support My Decisions: Supported Decision-Making Stories.



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

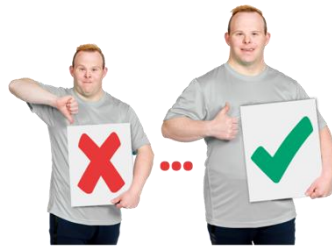
- About our Website
- What is Supported Decision-Making?
- Why is Supported Decision-Making Important?
- How to do Supported Decision-Making
- Changes to New Zealand Laws to do with Decision-Making.



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.

Ben's story



This story is about:

- Ben
- how Ben uses supported decision-making.



Ben sometimes has big changes in his mood / feelings.

He calls these times having a high.



This week Ben noticed his mood had started to change.



Ben noticed:

- his thoughts were racing
- he could not sleep
- he had lots of energy
- he felt restless / could not settle
- he was exercising a lot more
- he was spending more money than usual.



Ben knows these are early signs he is experiencing a high.



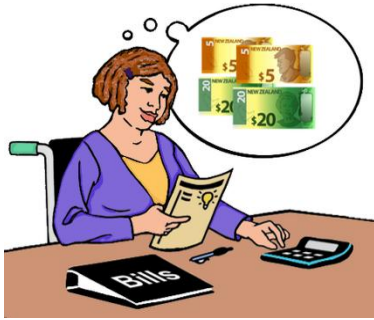
He understands his mood can affect his choices.



Ben talks to his brother who he trusts.



Ben asks his brother for support to make a **budget**.



A **budget** is when you work out how much money you will:

- get
- spend on different things.

Fred's story



Fred's wife died not very long ago.



His children noticed he seemed quieter than usual.



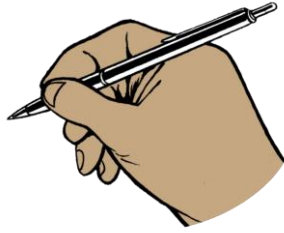
His children were worried.

They decided Fred needed more people around him.



They did not think it was a good idea for Fred to go fishing on his own.

Fishing is his favourite hobby.



His children:

- signed Fred up to play lawn bowls
- got a grandson to move in to keep Fred company.



The children made these choices without asking Fred what he wanted.



They thought they were supporting but they were:

- ignoring what Fred wanted to do
- deciding what was best for him
- changing his life without asking Fred what he wanted
- taking away his control of his own life.





Supported decision-making would have supported Fred to make his own decisions.

Alex's story



Alex decided to go flatting in a new suburb.



His family supported this decision.

After a while Alex wanted to move.



Alex says deciding where to live is:

- a big decision
- not something people do every day.



His family supported him to make his decision.



Alex decided to move back to his old suburb to live with his:

- sister
- niece.



Alex enjoys:

- living with them
- walking to the shops
- walking around his local area.

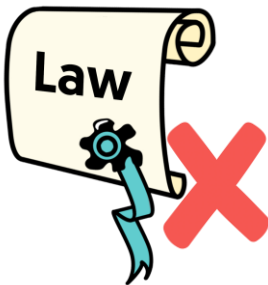


Sasi's story



Sasi needs to decide if she should have an operation on her leg.

Her **will** is to live by herself.



Here **will** means the things about the decision-maker like:

- their long term goals like wanting to stay healthy
- values / what is important to them like staying connected to their family.

Here will does **not** mean a legal will were someone says what they want to happen when they die.



The surgery would support her to live by herself.



Sasi finds being in hospital scary sometimes.



Her **preference** would be not to go to hospital.



Here **preferences** are the things that the decision-maker likes right now.

A decision-maker can let their supporters know about their preferences by:

- telling them
- showing them.





Her supporter supports Sasi to:

- visit the hospital
- talk with staff at the hospital
- understand what will happen if she has the operation
- talk about her options.



Sasi finds out she can have a support person with her in the hospital.



This information makes Sasi feel happier about having the operation.

She decides to have the operation.

Wiri's story



Wiri has a learning disability.



He does not use many words.

Wiri loves visiting Aroha.



They live in group homes next door to each other.



His face looks very happy when he sees Aroha.



His parents think he should move to a new home close to them.



Wiri shows he is upset by:

- rocking
- flapping his hands
- not wanting to do his usual activities
- wanting to see Aroha.



His supporters understand Wiri wants to stay close to Aroha.



Supported decision-making is always led by what the decision-maker wants.

Courtney's story



Courtney had times of mental distress over many years.



Sometimes she was admitted / went to the **inpatient mental health unit**.



An **inpatient mental health unit** is a place you can stay if you are having a very bad mental health problem.

These units:

- have staff like nurses who know a lot about looking after people with mental distress
- support people with mental health problems.





Courtney made a Mental Health Advance Preferences Statement with the support of her:

- whānau / family
- community mental health team
- psychiatrist / mental health doctor.



Courtney said if she had to be admitted / go into the mental health unit she wanted to get medicine to help her rest quickly.



Courtney:

- had had this medicine before
- found it supported her recovery / to feel better.



Courtney felt better knowing that:

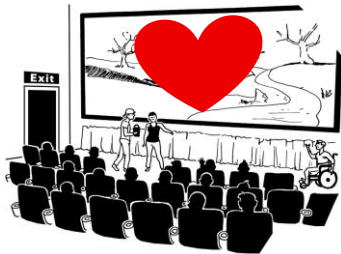
- she would get the care that is best for her
- she would get the treatment that works best for her
- what she wanted would be listened to.



Belinda's story



Belinda talks with her support worker Kate about her holiday plans.



Belinda wants to visit Hobbiton.

She loves the Lord of the Rings movies.



She wants to go on her own.

To do this she will have to:

- go on a long bus trip
- stay overnight.



Kate is worried.



Belinda usually needs support with:

- cooking
- money.



Kate knows Belinda is very:

- friendly
- trusting.



Kate thinks she should tell Belinda that going alone is a bad idea.



Then Kate remembers she can help Belinda understand the:

- **risks**
- options.



Here **risk** is about when something bad could happen to you.



They talk about why Belinda wants to travel alone.



Belinda says she always goes on holiday with her parents.



She wants to show that she has grown up.



Kate talks with Belinda about ways to make the trip safe.



They come up with 2 ideas:

- a package tour / holiday with a group of people
- going with her cousin.



They find out all the information about each option.



Belinda chooses to go with her cousin.



She will travel without her parents, which makes her happy.



Making your own decisions is important.

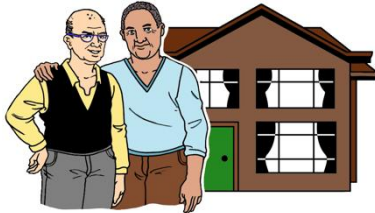


Everyone has the **right** to make decisions about their life.



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.



A **law** is a rule made by the Government that everybody must follow.

Sarah's story



Sarah is 20 years old.



She lives with a mental health condition.



Sarah gets support from her community mental health team.



She lives at home with her family.

Sarah wants to move away from her family into a house by herself.



She wants to become more independent.



Her main support person is Molly.

Molly is worried about this decision.



Molly understands that the family supports Sarah to manage her distress.



Molly is worried Sarah will feel lonely without the support of her family.



This could mean she will get distressed / upset.



Molly talks to Sarah about her decision to move.



Molly listens carefully.



She now understands the reasons for Sarah wanting to live independently.



Molly decides to support Sarah with her move even though there are risks.



Together they decide what extra support Sarah might need to be able to live independently.



Molly gets Sarah to meet a peer support worker.

This person will be able to give Sarah extra support during this change.



Molly makes a plan with Sarah.



The plan has information / ideas about what things Sarah can do if she feels distressed / upset.

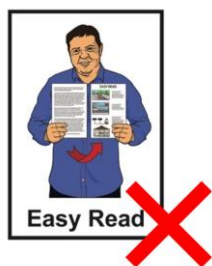


Molly also says she can call Sarah every few days to check how she is doing.



For more information about taking risks visit our website at:

www.supportmydecisions.nz/104



This website is not in Easy Read.

Chris's story



Chris has been dating Remi for several months.



Chris would like to ask Remi to stay the night.



Chris would like some support to make his decision.

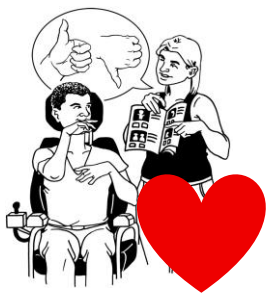
He thinks about who to choose.



Chris often asks his mum to help him with:

- health appointments
- planning for the future.





Chris knows his mum:

- loves him
- will look out for him.



Chris thinks he would be embarrassed to talk about this decision with his mum.

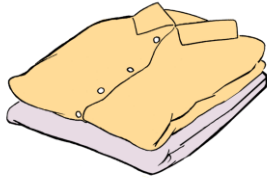


Chris has a long time friend called Barry.

Barry knows Chris well.



Barry wants Chris to be in control of his life as much as possible.



Chris often asks Barry for support for lifestyle choices like about:

- clothes
- holidays.



Chris thinks he will feel better talking with Barry.



Chris trusts Barry to have an open mind.

Noah's story

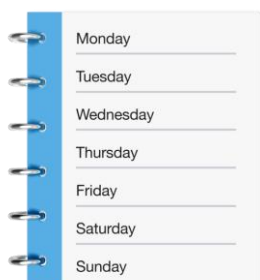


Noah lives in a group home.



He does not use many words.

Noah loves his food.

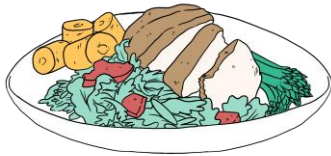


Every week the people who live with Noah take turns choosing meals.



This supports Noah to try new foods.

Napat is a support worker at the place Noah lives.



Napat supports Noah to choose a dinner using pictures.



Noah points to a photo of the food he wants.

Napat:



- takes photos of meals Noah enjoys

and



- adds them to her collection.



This supports Noah to:

- have more options
- get better at making decisions.



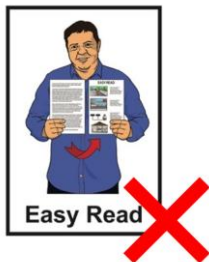
Noah is happy when he gets to choose his dinner.

More information



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

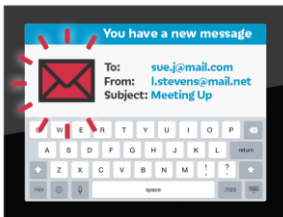
www.supportmydecisions.nz



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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