

18pt



Whaimana
Support My Decisions

Gather information

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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.

Gather information

The supporter helps the decision-maker:

- understand the decision
- understand the possible options
- have all the information needed to make the decision.

Understand the decision

Supporters often fall into the habit of making decisions for the person they support. The person may not be used to making decisions either. A first step is for the supporter and decision-maker to believe in the person's decision-making capacity. Think about the context:

- How did this decision arise?
- How does the person feel about it?
- Is this a new type of decision for the person? Do they have experience to draw on?
- Is this an urgent decision that requires quick action?

Every decision, no matter how small, can be meaningful:

- How does this decision matter to the person?
- How does it connect to their life goals and dreams?

Making a complex decision can feel overwhelming. Try to break it down into smaller easier questions. For example:

- Instead of "Where do I want to go on holiday?"
- You might start with: "Do I want to go on holiday?"

Identify options

- What are some of the options?
- Check you are not narrowing the possibilities based on stereotypes or limited experience.

Noah's story

Noah lives in a group home. He doesn't use many words. Noah loves his food.

Each week, Noah and the other residents take turns picking meals. This helps Noah try new foods.

Napat, a support worker, helps Noah choose 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 helps Noah have more options.

Noah is becoming more confident in making decisions. He's happy when he gets to choose his dinner.

What information does the decision-maker need?

Look for sources of information you trust. Compare different sources.

The supporter may help to make the information easy to understand.

You can use different ways to collect information. For example:

- use what you already know
- search the internet
- use easy-read information
- talk to people who have made similar choices
- ask experts for advice
- try out options if possible
- make a list of options.

For more information visit

<https://www.supportmydecisions.nz/how-to-do-sdm/gather-information> or www.supportmydecisions.nz/304

End of Gather Information