

18pt



Whaimana
Support My Decisions

How did it go?

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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.

How did it go?

Reflection isn't about scoring points. It isn't about being perfect. It's about learning and becoming more confident.

For the decision maker

Celebrating your choice

- How did you feel about your decision?
- Did you feel supported?
- Could you express what mattered to you?

Communication

- What helped you share your thoughts?
- Did your supporter really listen to you?
- Did you have enough time to decide?

Exploring your comfort zone

- Did your supporter help you understand all the options?
- Did you feel supported to manage risks?

Learning and Growing

- Would you do anything different next time?
- What helped you feel confident?
- Are there other decisions you want to make?

For the Supporter

Supporting the decision-maker

- Did you truly hear the decision-maker's preferences?
- Were you able to set aside your own ideas?

Supporting choices and risks

- How did you help explore different options?
- Did you support the person even when choices seemed risky?
- Did you understand your own feelings about risk?

Celebrating their decision

- Were you genuinely happy that they made their own decision? This is different to being happy with the choice they made. You don't have to agree with their decision.
- Did the decision truly reflect their wishes?

Learning together

- What communication methods worked well?
- Did you discover new ways to support them?
- What challenges did you face?
- How can you improve next time?
- Have you noted down these learnings to use next time?

For more information visit

<https://www.supportmydecisions.nz/how-to-do-sdm/how-did-it-go> or www.supportmydecisions.nz/307

End of How did it go?