



Whaimana
Support My Decisions

How to do supported decision-making

Adapted in 2026 by Accessible Formats Service,
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 to do supported decision-making

Being ready for supported decision-making is like having a toolkit with lots of tools. You might not need all the tools every time. You can use what you need according to the situation.

Supported decision-making will look different depending on the person and the decision. There are some basic steps and ideas though. You can find out more about what might be involved and useful tips in the sections below.

Listen to the six steps on how to make decisions with support: <https://www.supportmydecisions.nz/assets/audio-files/Supported-Decision-Making.wav> (or [supportmydecisions.nz/wav](https://www.supportmydecisions.nz/wav))

How to make decisions with support

Step 1: Choose your supporter

Who would you like to support you for this decision? Your supporter might be a trusted family member, friend, support worker, or expert.

Step 2: Help them get to know you

Together, think about:

- what is important to you
- what you like and don't like
- what helps you understand
- what helps you communicate.

You might want to write this down.

Step 3: Gather information

Together think about:

- What information do you need?
- How could you get that information?

Step 4: Think about the options

- Head: is this a smart choice?
- Heart: How does it make you feel?
- Hands: What will you have to do?
- Hopes: How does it fit with your goals?

Step 5: Make your decision

Make your decision. Do it!

Step 6: How did it go?

Well done!

- What went well?
- What didn't go so well?
- Would you change anything next time?

For more information visit

<https://www.supportmydecisions.nz/how-to-do-sdm> or
www.supportmydecisions.nz/300

End of How to do supported decision-making