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Whaimana
Support My Decisions

Make the decision

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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.

Make the decision

The decision-maker chooses the option that feels right for them after thinking about their choices. Making decisions can build confidence.

For decision-makers

- This is YOUR decision.
- You have the right to choose what you want.
- Your choice matters most.
- It's okay to take your time.
- You don't need to make a perfect choice—just the right choice for you.

For the supporter

- Listen carefully. Pay attention to all forms of communication—words, gestures, expressions.
- Respect the choice. You don't have to agree with the choice being made.
- Build confidence. Celebrate the choice, not just the outcome.

Take action

Make the decision real. This might include:

- make an easy-to-understand record of the decision
- make a clear plan
- arrange the right support
- make sure everyone involved understands the decision and the plan
- put the decision into action!
- be flexible
- be ready to make changes.

For more information visit

<https://www.supportmydecisions.nz/how-to-do-sdm/make-the-decision> or www.supportmydecisions.nz/306

End of Make the decision