

18pt



Whaimana
Support My Decisions

Think about the options

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.

Think about the options

The supporter may help the decision-maker to weigh up the different options.

Thinking about each option

These different ways of looking at an option can help the decision-maker understand it is a good choice for them:

Head:

- Is this a smart choice for me?
- What are the good things that might happen?
- What are the bad things that might happen?
- Can I reduce the risk of bad things happening?

Heart:

- How does this choice make me feel?

Hands:

- What will I have to do?
- How much time, effort, or cost will be involved?
- Will it involve other people?

Hopes:

- How does it fit with my goals?
- How does it fit with the things that are important to me?
- How does it fit with what I want?

Comparing the options

You may like to make a Pros and Cons list together.

- You can draw a line down the middle of a page.
- One side of the page is the good things about the option.
- The other side is the bad things about the option.

Remember the big ideas

It is the decision-maker's life.

- Weighing up the options is about what the decision-maker thinks, feels, and wants.
- It is not about what the supporter thinks is best.

Everyone has the right to take risks.

- Choices usually involve some risk.
- The supporter can help the decision-maker understand the risks.

- The decision-maker and supporter can think about ways to reduce the risk while still helping the decision-maker achieve what is important to them.
- If the person understands what might happen, their choice should generally be respected.

You can read more about these big ideas here:

<https://www.supportmydecisions.nz/what-is-sdm> or [supportmydecisions.nz/100](https://www.supportmydecisions.nz/100)

For more information visit

<https://www.supportmydecisions.nz/how-to-do-sdm/think-about-the-options> or www.supportmydecisions.nz/305

End of Think about the options