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Whaimana
Support My Decisions

Enabling Good Lives

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.

Enabling Good Lives

Enabling Good Lives is a movement to ensure that disabled children, adults, and families have more choice and control over the support they receive. Supported decision-making is an important part of this vision.

What is the Enabling Good Lives approach?

Members of the disabled community in Aotearoa New Zealand developed the Enabling Good Lives approach. The aim is to make sure that each person is supported to live their self-defined, self-determined best life. Enabling Good Lives has eight principles.

- Self-determination: Support people to be in control of their lives.
- Begin early: Invest in support rather than waiting for a crisis.
- Mana enhancing: Recognize and respect the abilities and contributions of disabled people and their families.
- Person-centered: Tailor support to the person's full needs and goals.
- Relationship building: Support should build and strengthen relationships between disabled people, their families, and the community.

- Ordinary life outcomes: Support people to live everyday lives in everyday places.
- Mainstream first: Support disabled people to access mainstream services before specialist disability services.
- Easy to use: Support should be simple and flexible.

For more information visit

<https://www.supportmydecisions.nz/why-is-sdm-important/enabling-good-lives> or
www.supportmydecisions.nz/203

End of Enabling Good Lives