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Whaimana
Support My Decisions

Why is supported decision-making important?

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.

Why is supported decision-making important?

The decisions we make matter—both big and small. These choices help shape our life's path.

Empowering choices

Supported decision-making helps people:

- take more control of their lives
- learn how to make decisions better
- get support that is tailored to them
- take part more fully in their community, work, and social life
- feel respected and understood
- make informed decisions. Informed decision means carefully thinking things through. It means having all the important information before making a choice.

Honouring rights

Supported decision-making is a human right. A human right is a basic freedom or protection that every person should have simply because they are human. These rights are universal, meaning they apply to everyone, no matter where they live or what their background is.

For more information visit

<https://www.supportmydecisions.nz/why-is-sdm-important>

or www.supportmydecisions.nz/200

End of Why is supported decision-making important?