

# Emily's Decision-Making Manifesto

When you help me to make decisions, it is important that they align with my vision.

My vision for the future is to live in my own home, close to my family. Find a paid job based on my interests. Be well known and connected to my local neighbourhood. Make a valued contribution to the community. Have a range of friendships and find a partner.

## To help me make a decision:

- 1 Only give me one decision at a time.
- 2 Understand that I like to keep everyone happy, so I may say yes to the first thing you say but will later avoid doing it or going if it's not what I want.
- 3 Explain the decision slowly. Photographs might help me to make a decision.
- 4 Take me to visit options and try things out. This makes understanding my options easier.
- 5 Don't just explain the decision. Help me understand the good and bad things that might happen.
- 6 Give me time to make a decision. This means giving me a day or two to think about the information. Don't rush me.
- 7 If the decision is hard, you might have to break it down.
- 8 Don't get angry if I make mistakes, but help me to learn from them.
- 9 The people I like to help me make big decisions are my Mum and support worker.