

How to make decisions with support

1

Choose your supporter



Who would you like to support you for this decision? Your supporter might be a trusted family member, friend, support worker, or expert.

2

Help them get to know you



Together, think about

- What is important to you.
- What you like and don't like.
- What helps you understand.
- What helps you communicate.

You might want to write this down.

3

Gather information



Together, think about

- What information do you need?
- How could you get the information?

6

How did it go?



Well done!

- What went well?
- What didn't go so well?
- Would you change anything next time?

5

Make your decision



Make your decision.
Do it!

4

Think about the options



- Head: Is this a smart choice?
- Heart: How does it make you feel?
- Hands: What will you have to do?
- Hopes: How does it fit with your goals?



Whaimana
Support My Decisions