

THE 5 STEPS OF SUPPORTED DECISION MAKING

Step 1: Explore the decision

This means having enough information to make your decision. Think about:

- What is the decision?
- What is important to me?
- What is important for me?



Step 2: Involve the right people

This means getting support from people you trust. This might be a family member, friend, or support worker.

Some decisions need more support than others - some decisions may not need any support at all!



Step 3: Think about options and consequences

Think about the decision. What are the good things? What might go wrong? How will you manage any risks? Think about:

- Can I afford it?
- Do I have time to do it?
- Who else does the decision affect?

Ask your decision supporter to help if you want.



Step 4: Make the decision real

This is the fun part – making your decision, and doing it!



Step 5: Reflect on what happened

Think about your decision. How did it go? Think about:

- What went well?
- What didn't go so well?
- What could I do differently next time?

Thinking about what happened helps you learn and become more confident at making decisions.



To learn more about making your own decisions, go to

www.inclusionaustralia.org.au/project/make-decisions-real