

5 Steps of Supported Decision Making



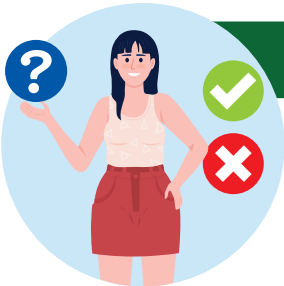
Step 1: Explore the decision

This means having enough information to make your decision. Think about what information you need, and what is important to you.



Step 2: Involve the right people

This means getting support from people you trust. This could be family, friends, or a support worker. Some decisions need more support than others – some might not need support at all!



Step 3: Think about options and consequences

What might go wrong? How will you manage any risks? Think about things like:

- 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

Thinking about your decisions helps you learn and become more confident at making decisions. Think about:

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

To learn more about making your own decisions, go to www.inclusionaustralia.org.au/make-decisions-real