

# HOW TO GET GOOD SUPPORT WHEN MAKING DECISIONS

Someone who helps or supports you to make your own decisions is called your decision supporter.

## A good decision supporter:

- Is honest and trustworthy
- Makes sure your choices are heard and respected
- Doesn't let their opinion affect your decision
- Believes in you and encourages you to make your own decisions.

## How to get good support:

### Help your decision supporter get to know you.

You can do this by spending time with your decision supporter so they can learn about you and what you like.

### Speak up about what you want.

Speaking up helps you have a say in decisions about your life. The more you speak up about what you want, the more chances you get to make your own decisions. You can speak up about pretty much every part of your life:

- Where you want to live
- What job you want to do
- Who you want to spend time with
- What you do for fun
- Your health... and heaps more!



To learn more about making your own decisions, go to  
[www.inclusionaustralia.org.au/project/make-decisions-real](http://www.inclusionaustralia.org.au/project/make-decisions-real)