

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
- Respects your choices
- Isn't pushy
- Believes in you.

How to get good support:

- Help your decision supporter get to know you
- Speak up about what you want.



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