

# 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/make-decisions-real](http://www.inclusionaustralia.org.au/make-decisions-real)