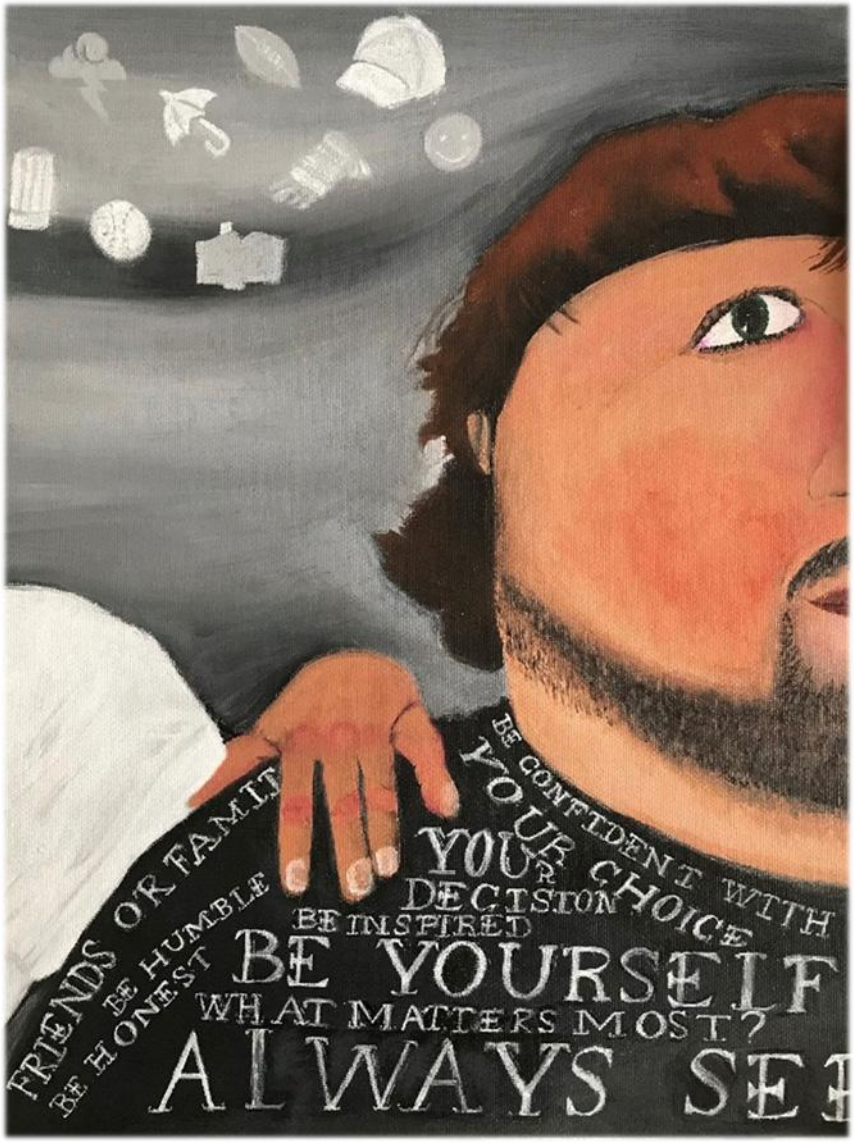
Inclusion Australia

Supported Decision Making Resource Directory

for decision makers and decision supporters



Artwork: "My Path, My Decisions" by George Williams

About the *Make Decisions Real* project

Make Decisions Real is a 3-year ILC project that aims to help people with intellectual disability and their supporters through the development of tools and training that will:

- increase their knowledge and skills around decision making and decision supporting,
- improve their confidence to make and support decisions,
- increase opportunities for decision making and self-advocacy, and
- lead to greater choice, autonomy and independence.

The *Make Decisions Real* project has been made possible by a NDIS *Information, Linkages & Capacity Grant*.

About this Directory

One of the goals of the *Make Decisions Real* project was to evaluate existing supported decision making resources from around Australia.

We did this by asking people with intellectual disability and their supporters from our member organisations around Australia to look at a range of different existing resources and giving us their feedback.

The resources were evaluated for their content, clarity, relevance and accessibility.

This Resource Directory was made as a result of the resource evaluation and can be used as a helpful guide for people with intellectual disability and their supporters who want to learn more about supported decision making.

Thank you to all the organisations who allowed us to feature their resources in this Directory.

Contents

Resources for decision makers:

WAiS: Supported Decision Making Guide **5**

Inclusion Melbourne: It's My Choice Toolkit **6**

CID: My Choice Matters Workbooks **7**

NCOSS: Skilled to Thrive Workbook **8**

Resources for decision supporters:

WAiS: Supported Decision Making Resource Book **9**

ADACAS: Decision Making Toolkit **10**

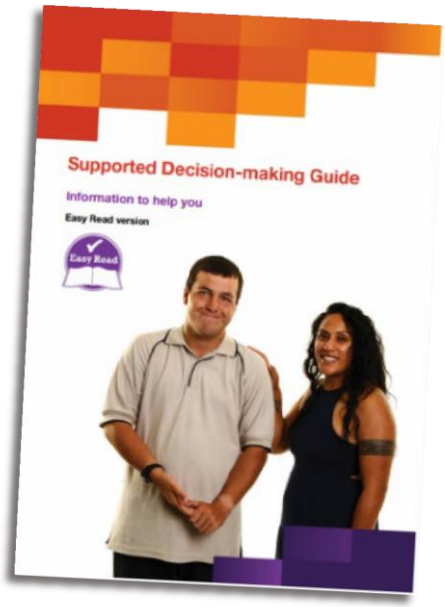
La Trobe: Supported Decision Making Framework **11**

Advocacy for Inclusion: Staying Connected **12**

WAiS Supported Decision Making Guide

This guide helps people with intellectual disabilities to understand how supported decision-making works and the best ways to make good decisions together. It was made by *WA Individualised Services* (WAiS).

- Easy Read format (also available in Plain English)
- 88 pages
- Has 4 sections:
    - Getting to know the person
    - Supported decision making
    - Good support
    - Understanding how someone communicates

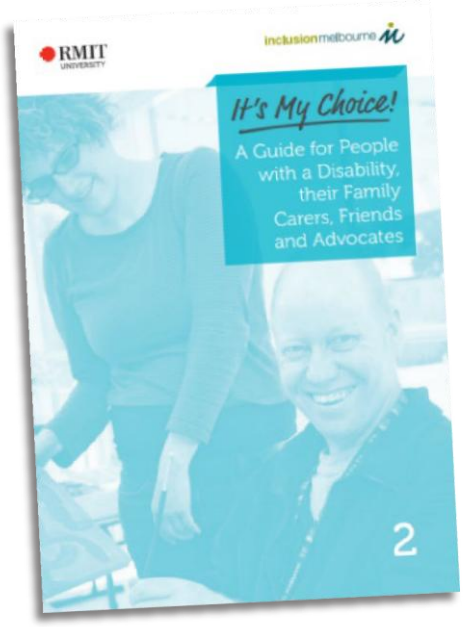


You can visit the WAiS website to download this resource.

Inclusion Melbourne It's My Choice Toolkit

This set of booklets and videos was created to help people with disabilities to understand and explore opportunities, choice and support when making decisions. The toolkit was made by *Inclusion Melbourne* in collaboration with RMIT University.

- 3 of the booklets are made for people with disabilities
- 3 videos with real-life experiences
- Easy to understand format
- Fun practical activities to fill in



You can visit the *Inclusion Melbourne* website to download this resource.

CID My Choice Matters Workbooks

This set of 6 workbooks was made for people with intellectual disabilities to learn about making decisions, setting goals and how to get a good life. The booklets were made by *Council for Intellectual Disability* (CID).



- Easy Read format
- 6 workbooks about things like:
    - What will give me a good life?
    - Can funding get me a good life?
    - Setting Goals
- Available in 5 languages: English, simplified Chinese, traditional Chinese, Vietnamese, Arabic

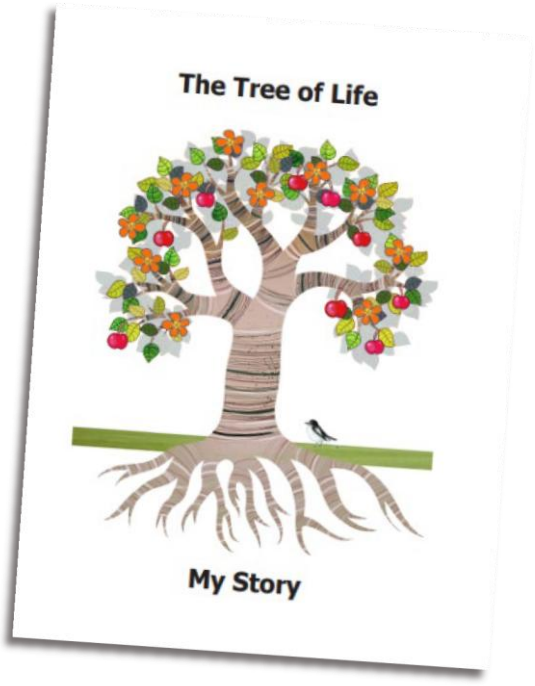
You can visit the CID website to download this resource in Easy English and other languages.

NCOSS Tree of Life Workbook

This activity booklet helps people with disabilities get to know their skills and strengths, talk about their dreams and goals, and helps communicates this information to their decision supporters.

This booklet was made by the *NSW Council of Social Services* (NCOSS).

- Good for helping supporters get to know their decision makers
- 20 pages
- Activities to fill in
- Easy to understand format



You can visit the *NCOSS* website to download this resource.

WAiS Supported Decision Making Resource Book

This resource was made by *WA Individualised Services* (WAiS) and complements their *Supported Decision Making Easy Read Guide.* This book helps supporters of people with intellectual disabilities to understand the principles and steps of supported decision-making, and advice on how to provide good support.

- Made specifically for decision supporters
- Incudes printable resources and activities
- Covers 4 important topics:
    - Getting to know the person
    - Supported decision making
    - Good assistance
    - Understanding the person's communication



You can visit the *WAIS* website to download this resource.

ADACAS Decision Making Toolkit

This toolkit was created by the *ACT Disability Aged Carer Advocacy Service* (ADACAS) and is aimed at both decision makers and their supporters. The toolkit covers important topics such as understanding the person you're supporting, and how to map a support network.

- Sections for decision supporters and decision makers
- Includes printable resources and activities
- Easy to understand format
- Also available as an Android app:
  Search for ***ADACAS Decision Support Toolkit*** on Google Play



You can visit the *ADACAS* website to download this resource.

La Trobe Supported Decision Making Framework

This learning resource consists of 6 learning modules with short videos and an activity workbook. It has been successfully piloted in training workshops with disability support workers and disability professionals. This resource was created by the *Living with Disability Research Centre* at La Trobe University in NSW.



- 62 pages
- 6 learning modules with activities
- Evidence-based framework
- Can be completed online or printed out as a hard copy

You can visit the *Support for Decision Making* website to download this resource.

Advocacy for Inclusion Staying Connected

This short podcast series was made by *Advocacy for Inclusion* and explores important and practical ideas related to supporting people with disabilities to make decisions.

- 10 short podcasts
- Recommends useful resources
- Discusses important topics such as:
    - The foundations of supported decision making
    - Supporting people with complex communication needs
    - Guardianship
    - Dignity of risk



To listen to this podcast go to the *Advocacy for Inclusion* website.