

Introduction to decision-making support

Decision-making support for people with cognitive disability

Information sheet for disability support workers

What is decision-making support?

- Decision-making support is a way of supporting people with cognitive disability (intellectual disability or acquired brain injury) to have their opinions heard and understood, and to help them make major decisions.
- Decision-making support involves helping someone to express their will and preferences (for example, what they want, don't want, like or dislike), have these understood by others and acted on.
- Decision-making support is about making sure people with disability have the **right support** they need to make decisions.
- People with disability have a right to make decisions.
- Decision-making support relies on people to help a person with disability through the process. The people who help are called "supporters". Supporters are people who know the person with disability well. They can be family, friends, support workers or anyone else.
- The amount of support a person needs for decision-making depends on his or her skills. It also depends on the sort of decision that needs to be made, and how complicated it is.
- Decision-making support is sometimes called supported-decision making.

Remember

- People with disability have a right to make decisions.
- Always assume the people you are working with can make decisions.
- The way you support someone to make a decision will change depending on the person and on the decision that needs to be made.
- Involve other supporters in decision-making support, if the person with disability gives you permission.

