A video about making your own decisions

Watch video(https://www.youtube.com/watch?v=rdlf8YztWAQ)

Supported decision making is when someone helps you make more of your own decisions.

This video shows how you can be supported when making decisions.

Remember that:

- You can change your mind.
- It is ok to make mistakes.
- People should listen to you.
- It is your life.
- You can ask for help if you need it.

Making my own decisions (cid.org.au)

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- Visit website