The 5 steps of supported decision making

This resource has posters, fact sheets and videos to help you use supported decision making.

Supported decision making means that you get help in choosing what to do. But you are the one who chooses, not your carers or supporters.

The resource says there are 5 easy steps to supported decision making.

1. **Explore the decision –** think about the decision. What do you want to do, and why?
2. **Involve the right people –** get support to make decisions from people you trust.
3. **Think about options and consequences –** look at your options and think about any risks.
4. **Make the decision real –** put your plan in motion and make it happen!
5. **Reflect on what happened –** look back on your decision. Think about how it went, and what you learnt from it.

Remember, you have the right to make choices about your health. You are the person living your life!

Videos about the 5 steps (inclusionaustralia.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

Inclusion Australia

Inclusion Australia is the national voice of people with intellectual disability and their families.

- Inclusion Australia