

How to make decisions with support

1 Choose your supporter



Who would like to support you for this decision?
Your supporter might be a trusted family member, friend, support worker, or expert.

2 Help them get to know you



Together, think about

- What is important to you
- What you like and don't like
- What helps you understand
- What helps you communicate

You might want to write this down.

3 Gather information



Together, think about

- What information do you need?
- How could you get the information?

6 How did it go?



Well done!

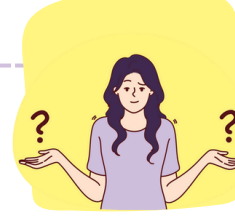
- What went well?
- What didn't go so well?
- Would you change anything next time?

5 Make your decision



Make your decision.
Do it!

4 Think about the options



- Head: Is this a smart choice?
- Heart: How does it make you feel?
- Hands: What will you have to do?
- Hopes: How does it fit with your goals?