

# Recording Supported Decision Making



What is the decision?

- **Going on a holiday in March next year.**

*Be clear about the actual decision.  
Decision specific*



Who are the right people to assist the person with this decision?  
Where is the right place to explore it?

- **Dad and my best friend, John.**
- **My sister, Jill, who's just been on a holiday.**
- **We'll talk in a quiet place.**

*What are the benefits/conflicts?*



What's the right way to communicate the decision and explore it?

- **Use my communication board.**
- **Make me a new section for 'holidays'.**
- **Add images or symbols related to holidays eg. who could come with me; where we could go, what we could do on holidays.**

*What do we know about the person's preferred way of communication?*



What's the right way to present the info? Key points (benefits, consequences, risks)

- **Show me pictures and videos of people on holiday.**
- **Help me to hear from people about their holidays.**
- **Take me to visit the airport.**
- **I'll sleep over at a friend's place.**

*What have we learnt works best for the person i.e. photos, real experience or expose?*



How can we assist the person to weigh it up?

- **Help me understand that a holiday means time away from home.**
- **Support me to add up the cost and understand how that will impact on my other decisions.**
- **Help me make a savings plan.**

*What do we know is important to/for the person?*



How do we hear the person's decision/choice?

- **Understand my communication.**
- **Have people involved who know me well.**
- **Keep checking in with me about this decision.**
- **Give me time to make my decision.**

*Be clear about how we will know the persons has made the decision or choice*



How do we support the person to act on the decision?

- **Assist me with on-line bookings.**
- **Practice packing the suitcase with me.**
- **Setup my safety and backup plans with me.**

*How do we support the person to act and observe their response?*

# Recording Supported Decision Making



1 What is the decision?

*Be clear about the actual decision.  
Decision specific*



2 Who are the right people to assist the person with this decision?  
Where is the right place to explore it?

*What are the benefits/conflicts?*



3 What's the right way to communicate the decision and explore it?

*What do we know about the person's preferred way of communication?*



4 What's the right way to present the info? Key points (benefits, consequences, risks)

*What have we learnt works best for the person i.e. photos, real experience or expose?*



5 How can we assist the person to weigh it up?

*What do we know is important to/for the person?*



6 How do we hear the person's decision/choice?

*Be clear about how we will know the persons has made the decision or choice*



7 How do we support the person to act on the decision?

*How do we support the person to act and observe their response?*

# Supported Decision Making Principles



It's up to me



I can change my mind



Assume I can



Explore all options



Understand me and my preferences



One decision at a time



Experience to explore



The right assistance for me



Are the right people involved?