

Other people in your life will be told about the Agreement, with your permission, so that everyone knows what you want to make decisions about and can work with you and the rest of your team to make things happen.

We start with the people who are in your life that you may not have chosen to be your supporter on your agreement but are still active in your life. This may be family, friends and paid workers who see you sometimes or every day that need to know about the Agreement so they can work with you rather than not know what is happening and become upset. They become part of your team so they are included to support you. Anyone that you really do not want in your team is your choice.

We then expand your team with anyone who might help your decisions on the agreement. This usually leads to many people who you and others may not have thought of joining your team. We hope they may be people who are not from the disability area but rather people with whom you can connect with in your local community.

Not everything that you decide will happen. This is the same for people who do not have a disability! However, with Supported Decision Making, everything possible is done to give your decisions the chance to happen.

Your team will meet with you regularly to find out about the decisions you are making and join with you to help make them happen or to see if you still want that decision. At these meetings you may change your mind depending upon the results of your decisions. Or you may think things are on the right track and let your team know. It is also a way of all keeping in touch with your wishes.

The trainee Facilitator can only work with one person at a time so it may be if several people want to take part in the project that you will need to wait a little while before you can begin.

The trainee Facilitator is being trained by Cher Nicholson from the Health and Community Services Complaints Commission. Cher will attend your meetings to help everyone learn how it works. Once the project has ended you will not see Cher again, but your team will keep meeting now that everyone knows that you are the decision maker in your own life and what types of support you find helpful to make decisions.

Lots of the things in this project are done with you in person as it is hard to answer questions that you might have on a piece of paper, so don't hesitate to contact the person from your organisation that gave you this pamphlet and information if you want to know more.

Cher Nicholson,
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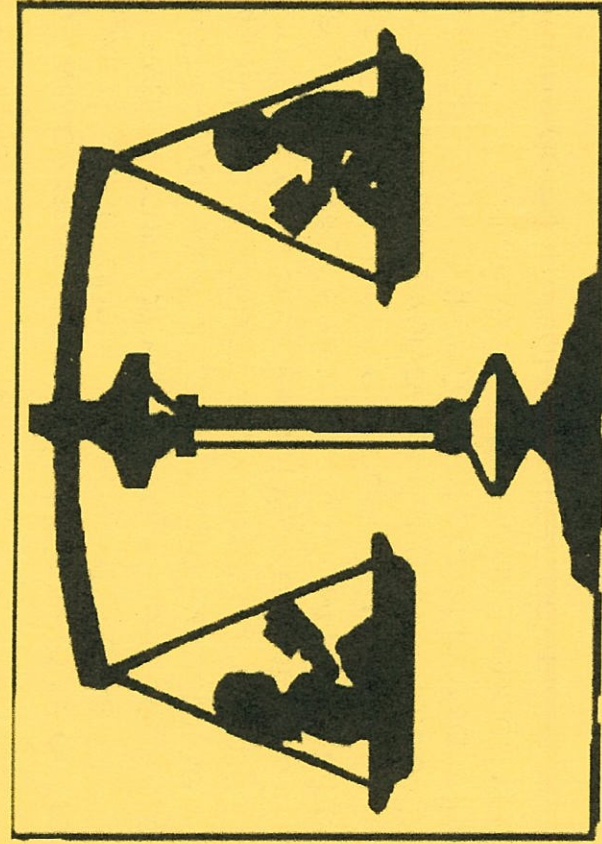
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Supported Decision Making Information Booklet

This pamphlet is designed for discussion with and for people with disabilities.



A Guide for Decision Makers - People with Disabilities





CONVENTION on the RIGHTS of PERSONS with DISABILITIES

The United Nations Convention on the Rights of Persons with Disabilities says that all people should be able to make their own decisions and that if they need support to make their decisions, they should get the support they need, instead of someone else making the decisions for them.

Most people without a disability seek support from people they know when they have some decisions to make. Thinking things through with people we trust can help us decide what to choose.

If there are things in your life that you would like to make some decisions about and you would like some support to make these decisions, then you may like to take part in the supported decision making project.

If you take part you must agree not to make a quick decision until you have talked things through with your chosen supporter. You also need to know that you are responsible for every decision and not your supporter or the other people around you. It will be your decision.

Some of the things you might want to make decisions about:

- How you spend your free time: what things you do and what people you do those things with or you might decide to keep on doing the things that you already do.
- You might make decisions about sport, gym, courses, spending time with animals or going on outings as a one off. You might decide on going on a holiday.
- You may decide how to spend your money, find out if you have any money or what you can do without, to get more money. You might decide to find out where your money comes from.
- Where you spend your day – doing things that you might already be good at or try new things and find out if you like them or are good at them.
- Making decisions about whether you want to work paid or unpaid. What amount of time you

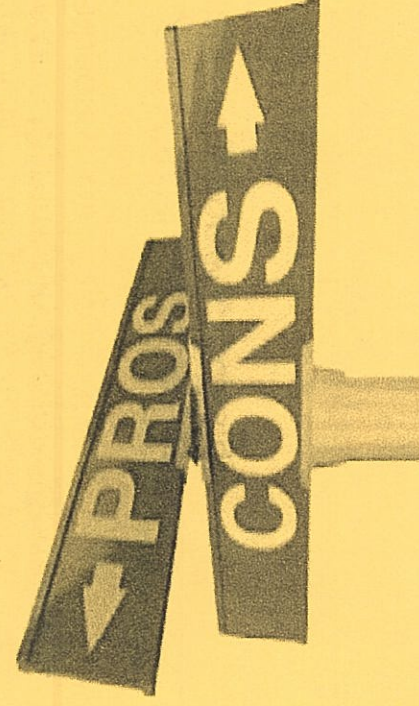
want to spend at work or what type of things that you might like to try.

- Where you live and who you live with, now or in the future. If you want to live by yourself or with others. What is important to you about your home?
- Your health – what you want to do or not do to try to stay as fit and healthy as possible as well as decisions that you need to make if you get sick.
- Relationships – who you want to spend time with or finding people to meet and try out new relationships with. It might mean decisions about who you do not want to spend time with too. You might want to be alone with some people and in a group with others.

Some of the decisions you might want to make can be big or little.

Everyone is different so what they want for support is different. Examples of what you might want your supporter to do:-

- Help you to visit places to get information.
- Putting information in a way that you understand.
- Repeating information more than once to help you remember it.
- Going through the good and bad things of each decision and thinking about what might happen.
- Helping you think about how the decision fits with other things in your life.
- Giving you time to think about things or setting a deadline if that helps.
- Knowing when is a bad time for you and coming back to the decision later.



This supported decision making project is running from September 2014 to June 2015 and if you choose to take part, this is how it works:-

Someone who has known you as a worker will be being trained to facilitate (plan) a team to help support you in decisions that you want to make.

That worker will work with you from September to May 2015.



The Trainee facilitator's main job is to help you set up your team and make sure it is working for you and your wishes.

Cher Nicholson is training these workers and will oversee them and attend the meetings to help make sure that everything is going smoothly and to be there to help the Facilitator if there are any problems. You can tell Cher if it is not working.

You will have been asked to go to a chat group to see if you are interested in joining the project.

Then we see if the person being trained has the skills to work with you. Whether you start in the project depends on whether or not the person being trained is able to do the work that you will need. It is not about you or your disability it is about them. If you do not join this project this time it does not mean that you will never do this work, just not at this time.

You will be asked about what things you want to make decisions about and you will choose who you want to support you to make these decisions and how you want them to support you. These supporters cannot be paid workers but can be friends, family or people that worked with you in the past. The trainee facilitator will write all of these things down on a piece of paper called an Agreement and everyone will sign their name. It is everyone signing the piece of paper that says they agree and will do what they say and support you with the decisions that are written down.