








Supported Decision Making – Easy Read

 Everyone has the right to make their own decisions. Some people need support to understand and make choices. This is called Supported Decision Making.

What is Supported Decision Making?

- ◆  You choose what you want, with support if needed.
- ◆  People you trust help you understand information.
- ◆  You are in charge of the final decision.
- ◆  Your rights are protected. You do not lose control.

Who can support you?

- ◆ Family or whānau
- ◆ Friends
- ◆ Support workers
- ◆ Advocates
- ◆ Anyone you trust

What support might look like?

- ◆ Explaining choices in a way you understand
- ◆ Using pictures or symbols to help explain things
- ◆ Talking about what might happen with each choice
- ◆ Helping write things down or attend meetings with you



✿ Why is this important?

- ◆ You are the expert in your own life.
- ◆ You have the right to be listened to.
- ◆ You are more confident when you are part of the decision.
- ◆ It helps you learn and grow your skills.

🌐 Where to learn more

- ◆ 📄 Ministry of Social Development – www.msd.govt.nz
- ◆ 🧑 IHC New Zealand – www.ihc.org.nz
- ◆ 📄 Easy Read PDF – bit.ly/SupportedDecisionPDF
- ◆ 🌐 Australian SDM Resources –
www.supportfordecisionmakingresource.com.au
- ◆ 📄 Ministry of Social Development – www.msd.govt.nz
- ◆ 🧑 IHC New Zealand – www.ihc.org.nz
- ◆ 🌐 Australian SDM Resources –
www.supportfordecisionmakingresource.com.au
- ◆ 📘 Volition NZ – www.volition.org.nz