Easy Read



My Life My Choices

Supported Decision Making Workbook

Working towards an inclusive South Australian community

sacid
South Australian Council on Intellectual Disability

www.sacid.org.au



My Supported Decision Making Workshop Book

This book belongs to:

My name

Where I live

My phone number

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sacid
South Australian Council on Intellectual Disability

For questions, resources or more copies of this book contact

www.sacid.org.au Ph: 8352 4416

About this book



This book is about supported decision making.



You can read this book

- By yourself.
- With a family member.
- With a friend.
- With a support person.



This book has tips and activities about supported decision making.



You can practice what you learn with others.



It can be fun to learn together.



As you read this book it is ok to ask for help with the hard things like

- Reading.
- Activities.



This book could bring up feelings. It is ok to talk to someone you trust about your feelings.

Decisions



What is a decision?



A decision is when you choose something.



When you make a decision you should think about

- What you want.
- What you like.
- What you need.
- Who you are.

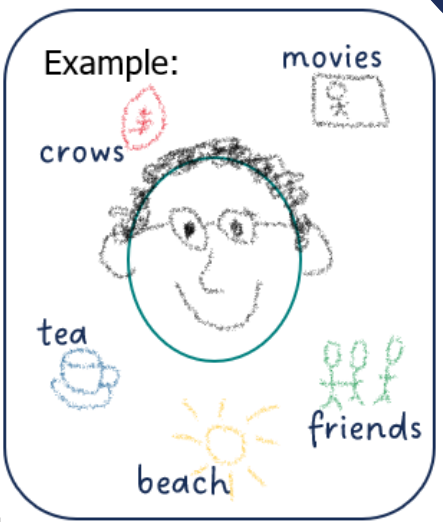
Activity

About me

Knowing about me is important for me and my decision supporter.

About me is what I like and what I care about.

Draw or write things about you in the box.



Supported decision making



Supported decision making is about having support to make your own decisions in your life.

How to make a decision can be different for everyone.



Getting good support to make decisions is important.



You are the expert in your life.



You have the right to make your own decisions.

Good decision support



When you need or want support to make a decision it is important to get good support.



Good support can look different to everyone. It is about what you need to make a decision.



A good decision supporter

- Listens to your thoughts and feelings.
- Talks about the good and bad things.
- Gives you time to think.
- Is kind.
- Gives you all the information.



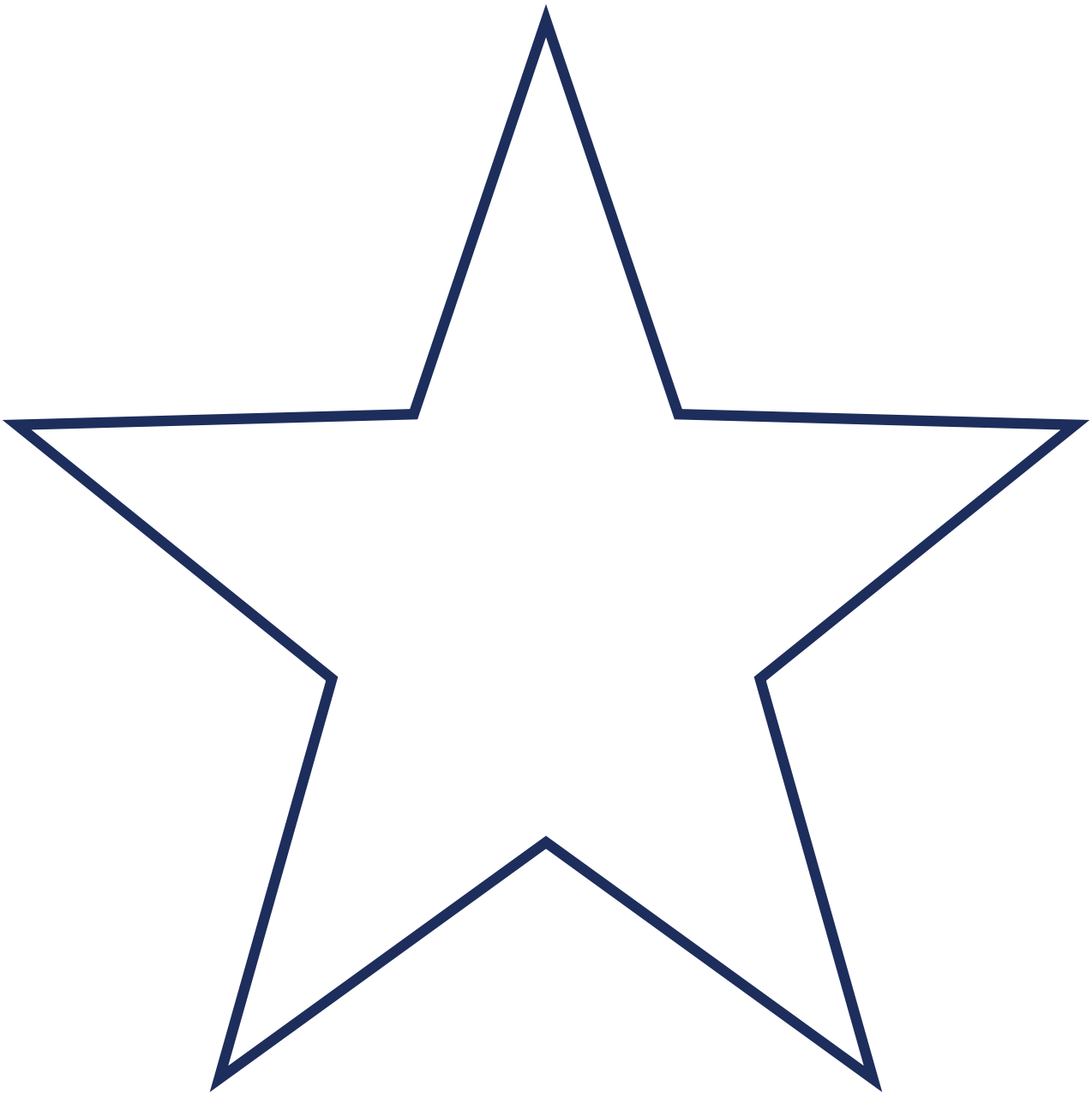
It is good to ask for help.

Activity

My decision support star

Think about who you go to for support to make decisions. You might have 1 person or 5 people. Everyone is different.

Write the names of your decision supporters in the star.



Activity

Good decision support for you

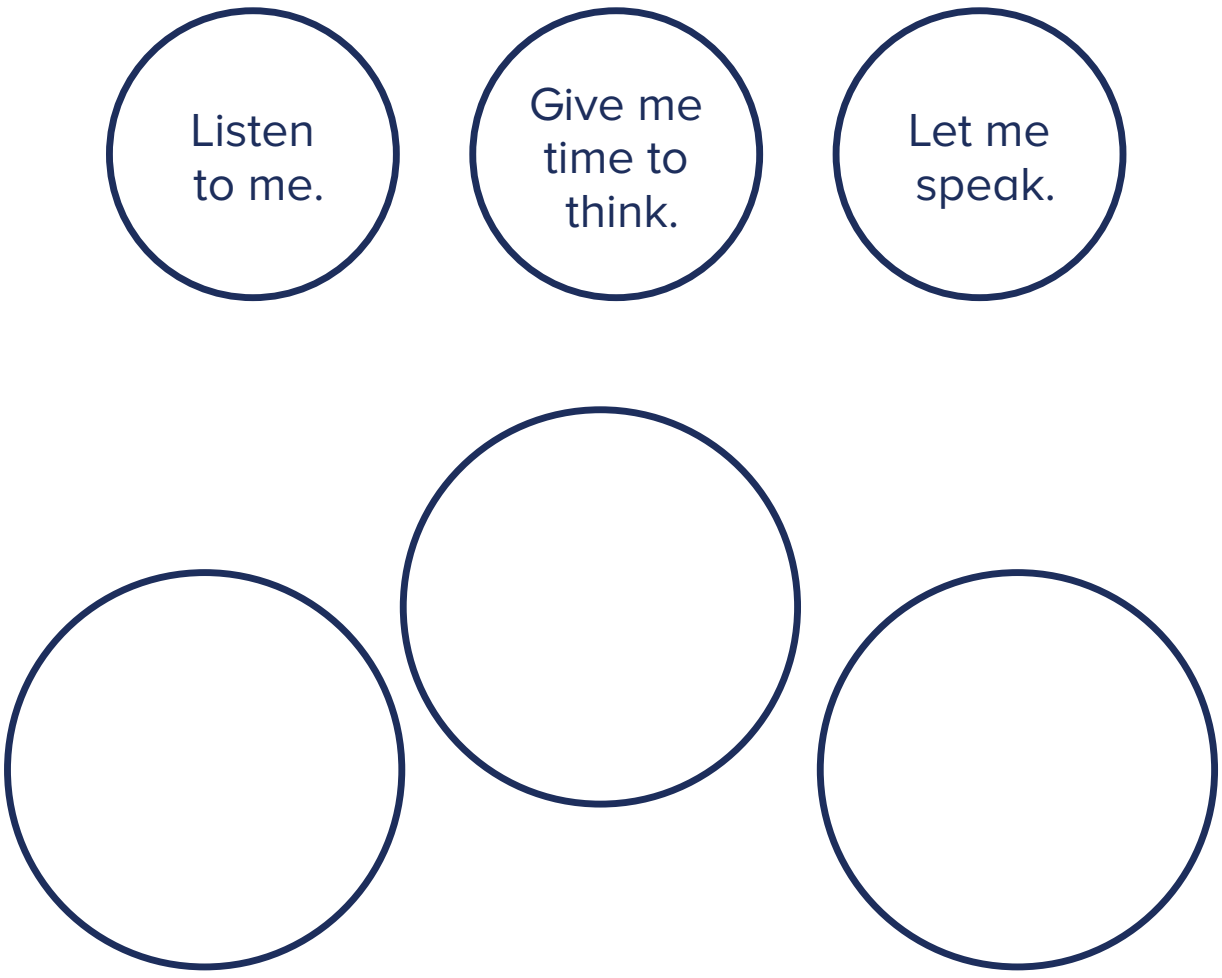
What is good decision support for you?

What do you want from your decision supporter when you are making a decision?

It is good to tell your decision supporter what you want.
You can use this to have a conversaton with your decision supporter.

Write in the circles what you want from your decision supporter.

I want you to



Getting information



How do you like to get information?



Information helps you to make decisions.
Information is what you need to know to make decisions.



You can get information from people, places, internet, books, or brochures.



It is important

- For people to know how you like to get information.

- To get information in a way you can understand.



You are the expert in your life. It is good to know what you like and do not like.

Activity

Making decisions

Making choices and decisions gets easier with practice.
These are choices between 2 things.
If you can only choose 1 thing, which would it be?

Tick which one you choose.

Cat or **Dog**



☐ ☐



Bush walking or **Bike riding**



☐ ☐



Go Bowling or **Go to the beach**



☐ ☐



Burger or **Salad**





TV or **Video Games**





Summer or **Winter**





It is good to think about what things you like and do not like.

Sometimes you might not like any of the options.

Sometimes you might like all of the options.

That is okay. You are the expert in your life.

Your rights in decision making



Everyone has the right to make their own decisions.



Rights are rules about how everyone should be treated fairly.



We say nothing about us without us.



Your supporters should

- Include you.
- Involve you.
- Listen to you.

Your rights in decision making are



I have the right to make my own decisions.



I have the right to get support.



People must always respect what I want and prefer.



There must be protection to make sure my rights are not abused.

Activity

Decision Stories





Eddie's Story

Eddie lives in a group home.

He wants to get a pet.

The house manager says Eddie cannot get a pet.

The house manager says you cannot look after a pet Eddie!

Eddie still wants to get a pet.

How do you think Eddie is feeling? _____

_____

_____

What are Eddie's rights? _____

_____

_____

What could Eddie do? _____

_____

_____

Ash's Story

Ash works in a supermarket.
She is bored with her job.
But she needs money to pay rent.

Ash loves flower shops.
She has the idea to work in
a flower shop.

She decides to leave her job.
She does not have another job yet.



How do you think Ash is feeling? _____

_____

_____

What are Ash's rights? _____

_____

_____

What could Ash do? _____

_____

_____

Taking risks



People have a right to make decisions even if there is risk.
A risk is when something can go wrong.



Decisions let you express who you are as a person. Each person makes decisions to do the things that they want.



When a decision has risk, it is good to have support to talk about the decision.



You can talk about

- The good things and the bad things that might come with the decision.
- How to stop the bad things.



When you have the information you need, you can make the decision.



It is your decision to take a risk.
It is ok to make mistakes.
That is your right.

Activity

Feelings

There are lots of different feelings you might have when you make a decision. It is good to know how you are feeling and to talk about the feelings you have.

Connect the feelings words with the right face by typing the face number next to the right feeling word.

1. 

Happy

2. 

Angry

3. 

Excited

4. 

Frustrated

5. 

Sad

Ask for what you need



It is important to ask for what you need when you make a decision.



I can ask for time and space to think.



I can ask for support.



I can ask for 1 decision at a time.



I can say I want to change my mind.

Decision goals for my life

I make my own decisions about

I want to make my own decisions about

To make decisions about these things I need

I can get support from

Reflection



What did you like most about this book?

What have you learnt about supported decision making?

One thing I want to do when making a decision is

One thing I want when getting support to make decisions is

Notes

South Australian Council on Intellectual Disability (SACID)
made this Easy Read book.

You need to ask SACID if you want to use
any pictures in this document.

You can contact SACID at
admin@sacid.org.au

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my life
my choices

South Australian Council on Intellectual Disability

Thank you for your interest in the work of SACID.

If you would like more information please contact us via:

PHONE: 08 8352 4416

EMAIL: ADMIN@SACID.ORG.AU

WEBSITE: WWW.SACID.ORG.AU

FACEBOOK: @SACID.ORG.AU

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