

Being in control

What is the tool?

This tool creates a clear picture about how you make decisions in your life, who else may support you and how these people support you to ensure you make the best decisions in your life. It helps evaluate how much power, choice and control you have over decisions being made about your life and how you choose to live it.

name				date
How I like my info	How to present choice to me	How can you help me to understand	When are the best times to ask me to make decisions	When is it not a good time for me to make decisions.

How can it help me with my support plan?

Thinking about decision making is an essential part of your support plan - it ensures there are opportunities to increase the number and significance of the decisions you make. Exercising your rights and making choices about how you live and want to live is what makes you unique and ensures you are directing the life you live so that you are in control. This needs to be reflected in your support plan.



How can I use this?

A decision-making profile is a good way of writing down what's important to you and ensuring you have as much control as possible in your own life.

Firstly, think about how you make decisions, and then what the important decisions are in your life and what support if any you need to make them.

Here are some questions that can help you:

- How do you like information presented to you? Written down, in an audio format (video, CD, DVD) or visually, through drawing, photographs, symbols, or using a graphic poster?
- What is the best way to present choices to you?

- How can others support you to understand this information?
- When are the best and worst times of the day/week to ask you to make decisions?

When thinking about a big decision, most people consider the pros and cons and hear other people's opinions, maybe talking it through with family members or friends. Thinking about the decisions you want to make in your life ensures what's important to you is present

and you have the support you need. It helps other people understand the best way they can support you. You may remember decisions you or others have made in your past that you do or don't want to repeat - what could you do to avoid them?

Ask yourself:

- What are the important decisions in my life?
- How must I be involved? The Decision Making Profile informs this section.
- Who makes the final decision?

What are the important decisions in my life?

How must I be involved?

Who makes the final decision?