

Making Decisions

This information sheet is about how you have the right to make all decisions that affect you.

Everyone has the right to make decisions about their own life.



We will make sure that you can make all of the decisions about your care and life that you need to make. Sometimes you might need help to make some decisions. You can choose the people you want to help you make your decisions.

To help people understand what you would like, you could write down your wishes.



There are two types of people who can be involved in your decisions. A **supporter** can help you understand what different choices you have and what they mean for you. They can also help you talk about your decisions, but they won't make decisions for you. You can choose your supporter, who might be a friend or family person.



A **representative** is someone who can make decisions for you if you can't or don't want to make them for yourself. They will always try to make decisions based on what they believe you would want. You can also choose your representative.



We will always respect your decision. But if you choose something that might hurt you or someone else, we might have to make the decision for you. We will only do this if there is no other solution.



We will always make sure that you can get all the information and help you need to make your decisions. Some examples of ways we can help you include:

- Involving your family or friends; and
- Giving you information that you can easily understand.