

## Deciding With Support



# My Decision Worksheet Supporter Guide

The **My Decision** worksheet is designed for you to complete with the person you support. It provides a place for the person to keep a record of

- What the decision is.
- Why they are making the decision.
- Who is supporting them to make the decision.
- Who needs to know about the decision.
- Who will support the person to tell other people.
- What they need to do to make the decision happen.
- What their supporters need to do to make the decision happen.
- Who will support the person to make the decision happen and when it will happen.

As a supporter it is important for you to support the person to share this document with the people in their lives so they are all aware of the decision, and what role they might play to help make the decision happen.

# My decision

You can write or draw about your decision here.



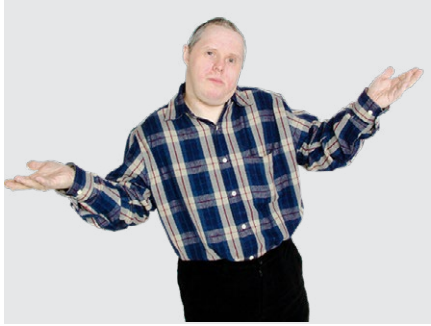
Your name



Date



What is the decision.



Why I am making the decision.



Who will support me to make the decision.



Who else needs to know about the decision.



Who will help me tell other people about the decision.



Who will help me make the decision happen.



What I need to do to make the decision happen.



What my supporters need to do to make my decision happen.



When the decision will happen.