



**Deciding
With
Support**



Supporter Guide



The **Decisions I want to make** worksheet is a tool to help the person think about the decisions they want to make now or in the future.

This worksheet should be completed with the person after they complete the decisions I make worksheet.

If the person you support is finding it difficult to think of a decision, you can suggest starting with one small decision.

You might want to ask the person you support how hard or easy they think the decision will be. This can help you to understand how confident they are in making the decision and what support they may need to make that decision happen.

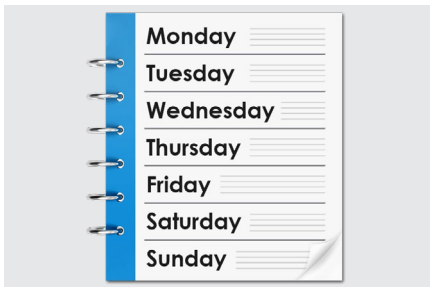
Decisions I make now



This worksheet can help you think about the decisions you want to make.

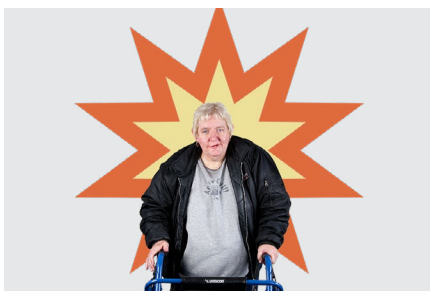


Decisions can be small or big.



You might want to make a small decision.

Small decisions are decisions you make every day.



You might want to make a big decision.

Big decisions are decisions that might change your life.

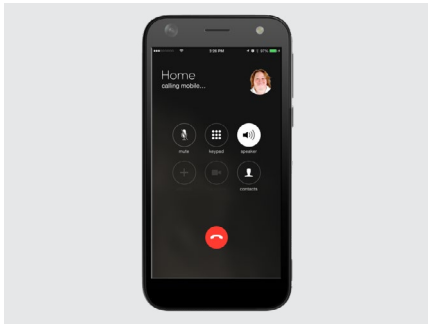


Have a look at the decisions Lily wants to make.



These are the decisions I want to make

Lilly says - These are the decisions I want to make.



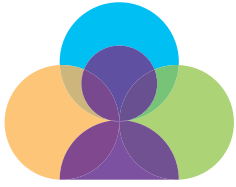
I want to buy a phone.



Move out of home soon.



Get a job in a café.



Decisions I want to make

Write or draw a decision you would like to make.