



**Deciding
With
Support**



Summary Fact Sheet: Providing effective supported decision-making

The CRPD promotes and respects people with disability's legal and human rights and enables them to have power and direction over their own lives. One of the most fundamental expressions of these rights is the right to exercise and enjoy support for decision making.

Legislation and policy supports the rights of people with disability to access support to make decisions that affect their lives (including decisions involving risk) that reflect their will and preferences.



As a facilitator you have a key role in enhancing and advising the partnership between the decision supporter and the person, to support them to communicate, interpret and act on choices together.

This means the person should receive support for decision-making that:

- respects their legal and human rights to decide.
- acknowledges their decision capability.
- respects and is sensitive to their personal beliefs, cultures, and values.
- is aware of and manages undue influence and is free from control and abuse of power.
- maintains dignity, privacy, and confidentiality.
- aligns with their will and preferences and increases autonomy.
- is informed by exploring and mitigating risk.
- addresses decision making barriers.
- is partnered with appropriately trained decision supporters who uphold the person's right to choice and control.

The application of supported decision making is built on important principles that guide practice:

- People with disability have the right to freedom of expression, self-determination and support for decision making.
- People are presumed to have decision making capability to make decisions about things that affect their lives.
- People have the right to be supported to make informed decisions and to be fully participating citizens.
- People have the right to choose who will provide support for decision making, and how this support will be provided.
- People have the right to individually tailored supports that are adapted to the person's decision-making abilities and respect and are sensitive to the person's culture, values and beliefs, and situation.
- People have the right to dignity of risk, to make choices that have a degree of risk involved.

