



**Deciding  
With  
Support**



# Worksheet: Facilitator's Reflective Practice

Completed by:

Date:



This **worksheet** will help you reflect on a person's decision-making supports and processes, and your role as a facilitator. It can become part of your continuous improvement cycle and highlight opportunities to improve decision processes that challenged.

The facilitator can model reflective thinking practice and encourage the person and the supporter to review their roles in the decision-making process (i.e., to think about how well supported decision-making worked, what could be done differently next time and what were the outcomes).

**What did you learn from the person about your role in facilitating decision-making?**

(E.g., did they feel heard?)

**What changes will be made to improve future decision-making support for the person?** (Consider what needs to happen, when, and who is responsible for this.)

Table 1 helps identify what worked, was helpful and any barriers to success.



The [Decision-making Preference and Record Sheet](#) and the person's website resources ([I am a person with disability – Worksheets](#)), include prompts to record reflections.



**Table 1: Facilitator Reflections: What did you learn about facilitating the person's decision-making in behaviour support?**

<b>Reflect on your role in:</b>	<b>Helpful</b>	<b>Not helpful/needs improvement</b>
<b>Helping the person to choose decision supporters</b>		
<b>Upskilling decision supporters (e.g., in Supported Decision Making principles and practice)</b>		



<b>Supporting/working with supporters</b>		
<b>Supporting/working with the person's chosen behaviour support team / supporters to facilitate supported decision-making</b>		
<b>Accessing/ supporting access to relevant information (e.g., decision-making history)</b>		



**Facilitating the person's use of supported decision-making resources (e.g. Circle of Support and workbooks)**

**Adapt organisational systems/process to suit the person's decision-making needs**

