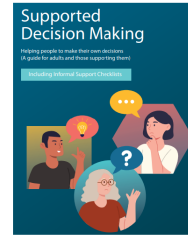


# ADA Supported Decision Making



## ADA Supported Decision Making User Guide

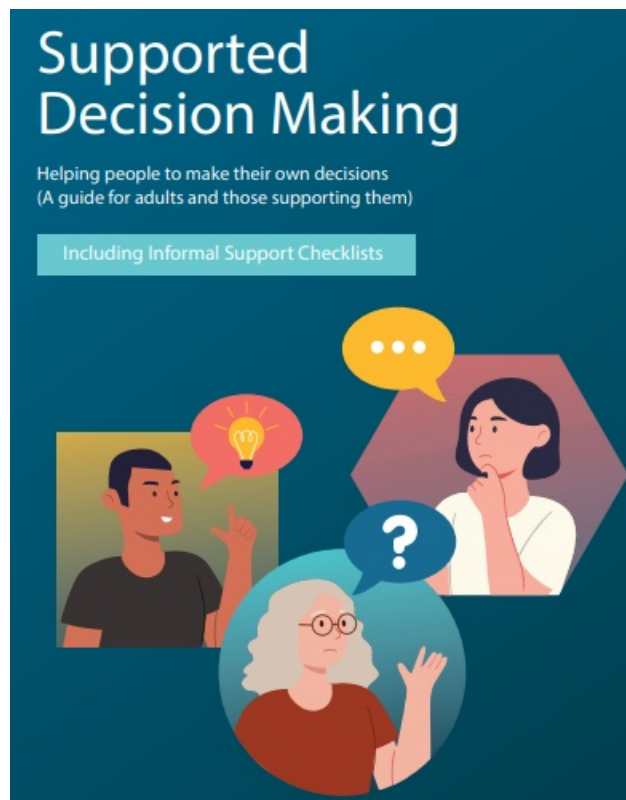
[Home](#) » [ADA](#) » ADA Supported Decision Making User Guide 

### Contents

- [1 ADA Supported Decision Making](#)
- [2 Product Information](#)
- [3 Product Usage Instructions](#)
- [4 Frequently Asked Questions](#)
- [5 Introduction](#)
- [6 Benefits of supported decision-making](#)
- [7 How the guide works](#)
- [8 Where to get your copy of the guide](#)
- [9 Documents / Resources](#)
  - [9.1 References](#)
- [10 Related Posts](#)

# ADA

**ADA Supported Decision Making**



## Product Information

### Specifications:

- **Product Name:** Supported Decision-Making Guide
- **Released by:** Brisbane Community Legal Service ADA Law and Queensland Advocacy for Inclusion (QAI)
- **Purpose:** Assists people who may need help with making decisions
- **Target Audience:** Older people, individuals needing assistance with decision-making
- **Format:** Booklet

## Product Usage Instructions

### • Introduction:

The Supported Decision-Making Guide aims to help individuals maximize their ability and confidence to make their own care and life decisions. It provides information and guidance on various aspects of decision-making.

### • Benefits of Supported Decision-Making:

When individuals make their own decisions, it maintains their autonomy and participation in life. Being informed and able to make decisions may also prevent the need for a guardian or formal decision-maker to be appointed.

### • How the Guide Works:

The guide is structured in chapters focusing on major decisions, making it easy for users to find relevant information quickly. Each chapter includes a checklist to help identify barriers to decision-making and ways to address them.

### • Where to Get Your Copy of the Guide:

Copies of the Supported Decision-Making Guide can be obtained from Brisbane community legal service ADA Law or Queensland Advocacy for Inclusion (QAI).

## Frequently Asked Questions

Q: Is the information in the guide relevant across all of Australia?

A: Most of the information in the guide is relevant across Australia, but some chapters may contain details specific to Queensland legislation.

Q: How can the guide help individuals with disabilities?

A: The guide provides support for NDIS assistance and helps individuals with disabilities make decisions about their care needs, financial management, legal matters, health care, and wellbeing.

Q: Can the guide eliminate the need for a formal decision maker?

A: Being informed and able to make decisions may reduce the need for a guardian or formal decision-maker, but in some cases, such appointments are necessary.

## Introduction

- In 2023, Brisbane community legal service ADA Law and Queensland Advocacy for Inclusion (QAI) jointly released a new guide that assists people who may need help with making decisions.
- Supported decision making: helping people to make their own decisions is aimed at maximizing people's ability and confidence to make their own care and life decisions. Its purpose is to equip people with what they need to know and do to be able to make their own decisions as far as possible. As well as information for older people, the guide helps with NDIS support for younger people with disabilities.
- Supported decision-making guides people through the necessary steps of getting the information they need to be able to make decisions about their care needs, financial management, legal matters, health care, and wellbeing. The booklet uses visual elements and easily digestible blocks of bullet point lists to support easy comprehension.
- Most of the information in the guide is relevant across Australia, such as information on NDIS or My Aged Care. Other chapters, such as Healthcare, are written about Queensland legislation, so the relevant details will differ across the various states and territories.

## Benefits of supported decision-making

- When a person makes their own decisions, with or without support, it maintains their autonomy and participation in life. Not being involved in decisions that are important to them is increasingly recognized as

being harmful and in breach of the person's human rights.

- Being informed and able to make decisions may also remove the need for a guardian or other formal decision-maker to be appointed through a tribunal application. While these appointments are sometimes necessary, they can also sometimes be made too hastily, and they can take many years to change if they don't work well.

## How the guide works

- Supported decision-making is designed in chapters that focus on one major decision so that people don't have to read through the whole guide to find what they need.
- Each chapter starts with a 'Did you know?' page of key facts. Next, questions relating to each major decision are outlined. Readers could start by thinking about what they want to find out about – for example, 'I need ...
  - 'to get help with daily living'
  - 'to keep well at home'
  - 'to start planning for moving into residential aged care'.
- Chapter 2, 'Getting help – MAC people aged 65 or older' explains practical steps, such as contacting the My Aged Care portal and considering giving phone consent for the appointment of a nominee. There are some suggestions about what sort of help should be considered and who may be available to help.
- Each chapter ends with a checklist that helps people to think more carefully about barriers to decision-making and how these barriers could be approached. The checklists include reminders that an application for guardianship is considered to be a last resort option, as it is the most restrictive option for decision-making.



## Nassar's story: using the new guide

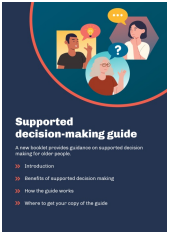
- Nassar, aged 72, was recovering in hospital from a broken hip caused by a fall, and a social worker was working with him to plan his discharge. Nassar lives alone and was anxious to stay out of the hospital. He had only recently stopped working and had not needed any help at home before this.

- The social worker printed off the My Aged Care chapter of the Supported Decision-Making Guide and left this with Nassar.
- Nassar learned from the 'Did you know?' page that he might be entitled to support from an advocate or care finder to get started with the My Aged Care portal. He decided to see how far he could get by starting on his own.
- He moved to the 'Accessing My Aged Care' page and found the website for joining My Aged Care. He was able to register by using his iPad.
- Together with the social worker and an occupational therapist, Nassar completed the Help at Home Checklist. This checklist allowed him to work out what help he might need and whether it would be for a short or long time.
- The My Aged Care link also had a lot of information, and Nassar found out that he might be entitled to short-term care during his rehabilitation. Nassar has now registered with My Aged Care and is waiting for an assessment for short-term care during his rehabilitation and then home-based care.
- Once rehab is complete, Nassar can decide whether he would like to return home with extra care, or whether he'd prefer to move into a different type of accommodation with support. He knows he doesn't have to make that decision today.

## Where to get your copy of the guide

- **Supported decision-making:** helping people to make their own decisions provides practical, accessible information to help people equip themselves for decision-making. By recognizing that many people can make their own decisions either on their own or with support, the guide aligns with human rights thinking in care provision.
- Download a copy from the ADA Law website.

## Documents / Resources

	<p><a href="#">ADA Supported Decision Making</a> [pdf] User Guide Supported Decision Making, Decision Making, Making</p>
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## References

- [User Manual](#)

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