



7 Steps for Supported Decision Making

Instructions

In small groups of 2 to 5 people, choose an example where someone was supported to make a decision. Assess the way the decisions were supported against the 7 steps below. Remember this is about reflecting on the example so that we can learn, not about blaming or judging what has happened.

Step 1 - What was the issue that needed a decision?

Also consider:

- Were there a few decisions combined within the main issue that required being broken down and looked at separately?

Step 2 - Who were the right people to assist?

Also consider:

- Who were the people helping to make a decision and were they, in hindsight, the right people to help?
- Did the people assisting the person making a decision have a conflict of interest?
- Did they discuss it all in one hit or was it discussed over a number of days for short periods of time in order to process all the information?

Step 3 - What was the right type of communication for the decision?

Also consider:

- How was the issue explained to the person? Was it explained in a way that they could understand the issue? Was verbal language used?
- Did you need to use verbal language, PECS, photos, videos, social stories with the person you were supporting?

Step 4 - What were the benefits, consequences and risk of the decision?

Also consider:

- Did you and the person you were supporting look at all the good things that could result from the decision?
- Did you look at all the bad things that could happen from it?
- Did you consider risk?
- Did you consider dignity of risk?

Step 5 - How did you assist the person to weigh up the pros and cons?

Also consider:

- Did you write a list of pros and cons?
- Did you use pictures/photos?
- Was there a particular pro or con that outweighed all other factors?
- Did you tally up the pros against the cons?

Step 6 - How did you hear of the person's decision?

Also consider:

- Were you neutral in the way you asked them to consider the pros and cons? Did you cajole, encourage, dissuade or even use facial expressions or tone of voice so as to influence the person you were supporting's decision?
- Was the issue being considered something which doesn't sit well with your own personal views, biases and /or beliefs?

Step 7 - How did you support the person to act on their decision?

Also consider:

- Were you supportive or did you simply say "no"?
- Did you problem solve together possible risks or cons which could make the issue less risky?
- Did you check your intention making sure you didn't use your opinions to influence them?
- Did you understand the impact of the person not being able to do something they really wanted to do?
- Did you advocate with the person to achieve their goal when people of more (or less) authority were saying "no"?