



Supported Decision-Making Network of Ohio

How to make your own choices/decisions

You have the right to make choices about how you live your life.

This means making informed decisions by getting support from people you trust. These people may have experience and information that can help you in understanding your options. Everyone needs this kind of help from time to time.

Not every decision requires help from others. Simple decisions like what you want to wear or eat for dinner you can likely make by yourself. Here are some examples of decisions you might want support on:

- How you spend your money
- Medical decisions
- Choosing a place to live or a roommate
- Taking a job or not



How to Make an Informed Decision

You have a right to make your own decisions, no matter what others think.

6. Are people around you respecting your decision?

5. Are you happy with your decision or do you want to change your mind?

Remember, this decision is yours, so other people can help you choose, but shouldn't make the decision for you.

It is okay to change your mind after you make a decision.

4. Is anyone trying to tell you what to do?

3. Do you have enough time to think through your decision?

Decisions are easier when you give yourself time. Try not to rush, and if you need more time, ask.

Has the information been given to you in a way you clearly understand? Do you know how to get more information?

2. Do you have all the information you need?

1. Do you need help with this decision?

Who might be a good person to help you make this decision?

**START
HERE**

