Making decisions about your life

All adults have the right to make decisions about their life.

You can make decisions about

- What to eat
- What to do
- Your money
- Your health
- Where you live
- How you are supported.

When you make decisions you have control of your life.

Being the decision maker in your life is important.

It is so important that the United Nations Convention on the Rights of Persons with Disabilities says that it is your human right.
Making decisions can be hard. It can be hard if you have not made decisions before.

You can learn how to make decisions. Then you can practice.

**Supported decision making**

You might like to have a person help you make decisions.

This is called supported decision making.

Most people make decisions by talking with another person.

A decision supporter can help you decide.

They can

- Help you work out what you want
- Get information
- Understand options
- Think about ways to stay safe
- Make other people listen to your decision
- Give you other support you might need to decide.
Guardianship

Guardianship is when another person makes a decision for you.

They can only do this if a court says they can.

This is the law now.

Changes to guardianship

Laws about guardianship are changing in the ACT.

The ACT Law Reform Advisory Council wants to know how to change the law.

They want to change the law so that people can be in control of their life even when they find it hard to decide.

The Council wants to hear from you.

It wants to know if you think the law should change.

The law should protect you to

- have support to make as many decisions as you can
- be heard if you can’t make a decision
- be fairly treated
- keep and use you right to decide as far as possible
Tell us about you and your decisions.

Some of the things you could tell us are

Do you make your own decisions?

What do you make your own decisions about?

Would you like to have more to say about decisions in your life?

Tell us if someone makes decisions for you.

Do you have a guardian or financial manager?

Who else makes decisions for you?

Do you have someone who helps you make decisions now?

Who helps you?

Are there decisions you want to make but can’t right now?

Would support help?

Do you need help knowing how to make decisions?

What would help you decide?
I want to tell you about how I make decisions

Write answers to the questions here

Write anything else you want us to know

Use more pages if you need to
I know the Council is asking me what I think to find out how to change the law. The Council can use my answers. I know that they won’t tell anyone my name.

Please give your answers to your advocate to send to us, or you can send your answers to this address:

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