



Define your decision-making preferences

There will be many decisions to be made between now and when you are settled in your new living situation. Your support team are there to help you through this process, but everyone approaches decision-making differently, so it is important that you communicate your preferences clearly.

Use this worksheet to create an outline of the things that help you, and the things that don't, and the principles you want to guide your support team when it comes to decision-making.

- STEP 1
- For each of the categories in the table below, write down:

 - » the things that help you with your decision-making
 - » the things that don't help you with your decision-making

Use additional paper if necessary.

	Things that help	Things that don't help
Information e.g. how the information is presented, who gathers the information		
People e.g. who is involved, who you can talk to		

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table continues from previous page...	Things that help	Things that don't help
<p><i>Timelines/Urgency</i></p> <p>e.g. an urgent deadline vs time to consider your options</p>		
<p><i>Type of decision</i></p> <p>e.g. 'big' vs 'small', related to a particular topic</p>		
<p><i>Overwhelm/personal factors</i></p> <p>i.e. what causes you to feel overwhelmed and what helps/ doesn't help when you are?</p>		
<p><i>External factors</i></p> <p>e.g. other things that are happening in your day/week</p>		

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STEP 2

Consider any specific situations where decision-making could become difficult. If you have a clear idea on how you would like that situation handled, write it down in the table below using the format:

When [*something happens*] **A** , **I want** [*what you want to happen*] **B**

For example:

'When I am overwhelmed and can't make my decision, I want the decision to go on 'pause' until I have had time to consider my options.'

or

'When I am overwhelmed and can't make my decision, I want my mum to decide for me.'

Note: There may be multiple scenarios that you want to outline here. Use additional paper if necessary.

A When...	B I want...

STEP 3

Share this worksheet with your support team and discuss:

- » what decisions you want help with
- » who you want to provide that help
- » how you want to be involved, if you are delegating decision-making to others
- » what rules or systems you want to guide the decision-making processes.

STEP 4

Based on your discussions in Step 3, write down your decisions **A** and chosen rules/ strategies **B** in the tables below. Use additional paper if necessary.

A	Decisions I want help with	Who will provide that help	How I want to be involved (if you are delegating decision-making to others)

Note: It is likely that the way you approach decision making will evolve as you move through this process, encounter new considerations and adapt to the path ahead.

Coming back to review this worksheet with your support team regularly will ensure it is up to date with the way you want to approach decision-making.

Sometimes working through these stages helps identify things you didn't think of before.

If completing this task helps you see something is missing from your previous worksheets, go back and update them now.