



Easy-to-read publication
on supported decision making



Decider: Enhancing life experiences
for adults with special learning needs,
trainers, and parents through
supported decision-making

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Erasmus+ program, KA2 Action,
Strategic Partnership

The “**Easy-to-read publication on supported decision making**” is a result of the cooperation between the partners of the consortium of DECIDER Erasmus+ Project.

Organization	Website
 <p>Polskie Stowarzyszenie na rzecz Osob z Niepełnosprawnością Intelktualną</p>	<p>www.psoni.org.pl</p>
 <p>Lietuvos sutrikusio intelekto žmonių globos bendrija "Viltis"</p>	<p>https://viltis.lt/lt/</p>
 <p>Граѓански Центар АктивУМ</p>	<p>Association for activism, education, culture and art Civil Center AktivUM</p> <p>https://aktivum.org.mk/</p>
 <p>Margarita Vocational Training Centre</p>	<p>Margarita Vocational Training Center</p> <p>www.eeamargarita.gr</p>
 <p>Fundació Tutelar de les Comarques Gironines</p>	<p>Fundació Tutelar de les Comarques Gironines</p> <p>https://www.supportgirona.cat/</p>
 <p>Fundació Campus Arnau d'Escala</p>	<p>Fundació Campus Arnau d'Escala</p> <p>https://www.campusarnau.org/</p>

Do you have the right to ask for help to make a decision?



Sometimes people with special learning needs face difficulties when making decisions about their lives.



People with special learning needs are people who face difficulties in learning new things.



It is a right of people with special learning needs to ask from someone to help them in decision making.

What is a right?

All people have rights.

Rights help people meet their needs.

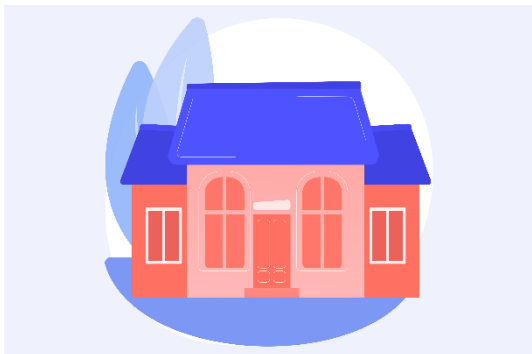


Rights exist to protect people from other people who may want to harm them.

Some standard rights are:



- Have food,



- Have a home,



- Go to school,



- Go to doctors and hospitals when you are sick,



- Get paid for your work.



- Live in safety



Governments
should make rules
that satisfy these rights.

We call these rules
made by a government
laws.

Who proposes the laws for the rights?



Governments
from all the countries
of the world
elected laws
and agreed:



- To care for the rights of all people,
- To care that all people are able to live peacefully without war.



There are people
who recommend
new laws
to governments.



They work at a place
called United Nations
Organization.

We also call this organization
UN.

Where can you find your rights?



The people who work in United Nations (UN) wrote a book about all rights of people with disabilities.



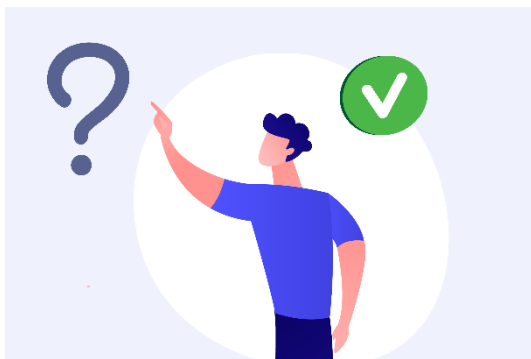
We call this book Convention of the Rights of People with Disabilities.

People with special learning needs are people with disabilities.

What the convention talks about?



UN Convention talks about all the rights people with disabilities have.



UN Convention says that you have a right in asking for help when making a decision.



When you ask for help in decisions we call it

**Supported
Decision
Making
or SDM**

What is Supported Decision Making?

Supported Decision Making is when:



- Someone helps you make your own decisions.
- Someone supports you when you decide about things you want or need.



You can choose to ask for help from a relative.

For example, your father, mother, brother, sister, uncle, aunt or cousin.



You can also choose to ask help from a Supported Decision-Making Service in your organization.

Who is going to help you decide?



In a Supported Decision Making Service you can choose a person you trust to support you.

This person is called **supporter**.
The **supporter** can help you:



- Find the information you need before making a decision.



- Understand the different options.



- Understand if the decision can be good or bad.



- Share your decision with other people.



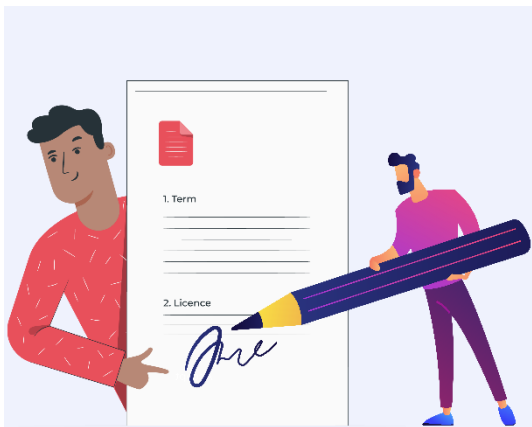
In this service there is also an option to have a person who helps you check if things are done the way you want to.

This person is called **facilitator**.

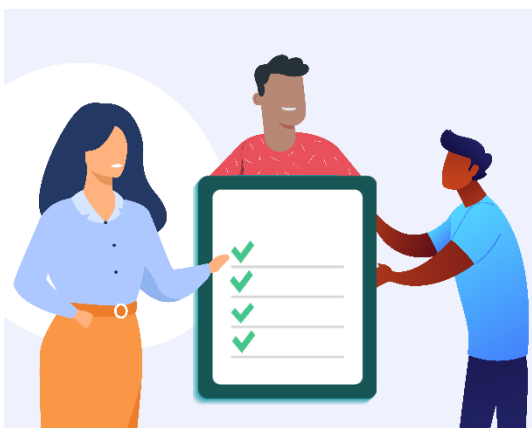
What are the steps that you have to follow?



In Supported Decision Making you need to sign an Agreement.



An agreement is a paper you must sign with:
The person you chose to help you with your decisions.
In other words, with your **supporter**.



You can choose to have someone help you check that things are done the way you want to.

In other words, you can choose to have a **facilitator**.

If you are not satisfied with your supporter,
you can:



- Ask from your facilitator to talk with your **supporter**.



- Ask to change your **supporter**.



- End the agreement.

In this agreement you say
where you need support in your life.

In other words, in which decisions you need help.

What kind of decisions can you ask to help you with?

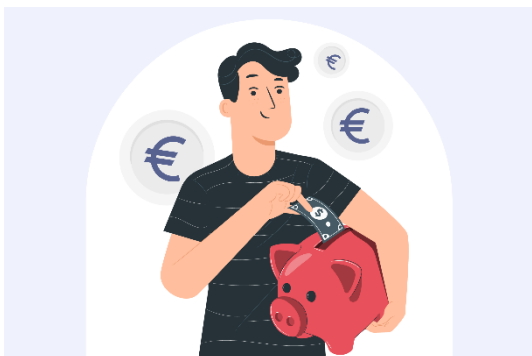
There are different types of decisions, such as:



- Buy something



- Use internet



- Manage your money



- Take care of your health



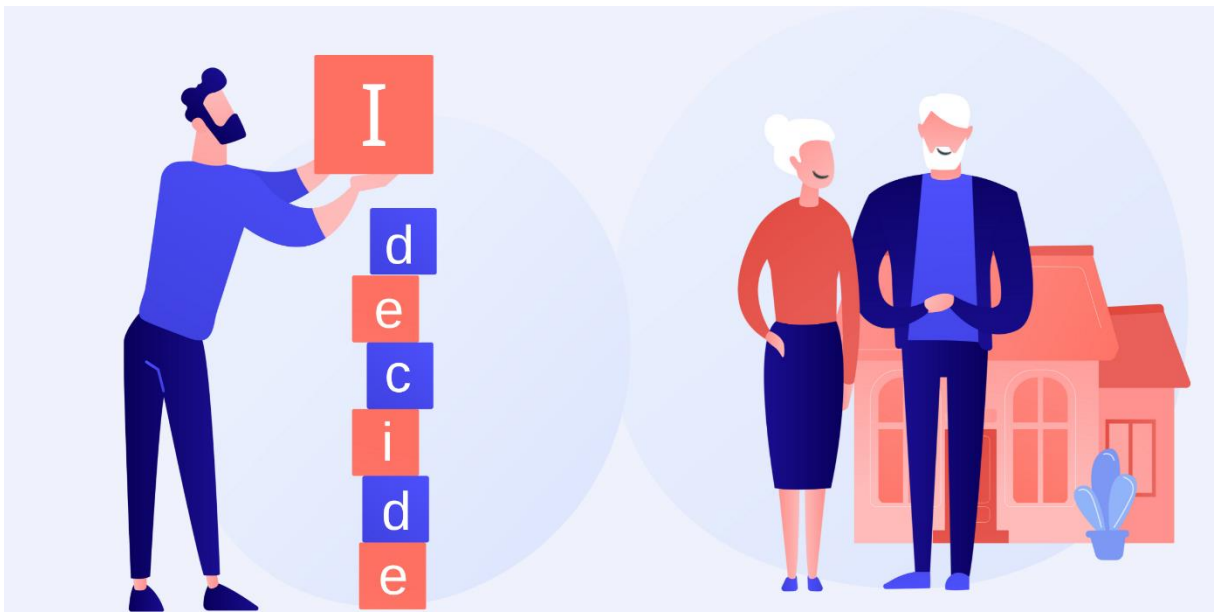
- Find employment

Here is an example!

John is a young man, 28 years old,
with Down Syndrome.

He has studied Agricultural Technician.

John lives with his parents.



John doesn't want his parents to decide
about things that concern him.

He wants to decide on his own.

He wants to be autonomous.

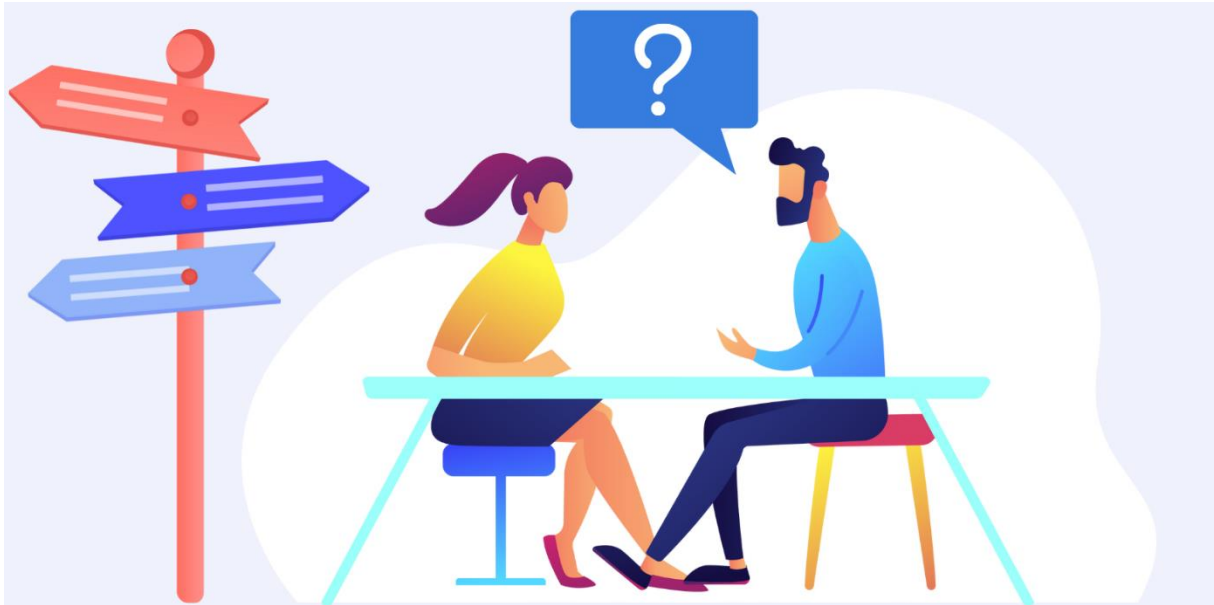
John's parents are happy about how John wants to be more
independent.



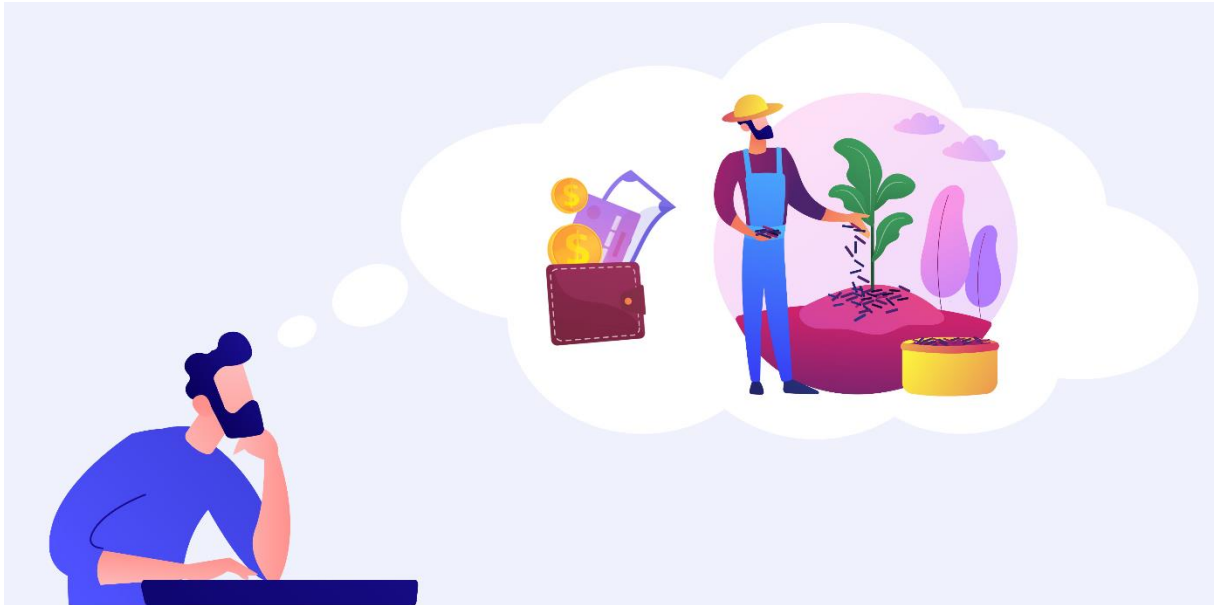
Every day John makes different decisions about his life.

He decides about:

- The clothes he will wear.
- His outings with friends.
- How to spend his money.



When John is having a difficulty making a decision,
he asks for help from people he trusts.
John trusts his family and psychologist.



Some time ago, John was thinking that he wanted to work.
He wanted to work to earn his own salary.
This would make him very happy.

John, however, was not sure if he can work.
Meanwhile, he did not know what he should do to find a job.

John shared his thoughts with his family and psychologist.



All together decided John should go to a training center.

The service would:

- Train John's professional skills
- Support and counsel him when he needed it.
- Find a job that matched his needs.



John was very satisfied with the service and the support he received.

For John finding a job was the most important decision in his life.

Here is an application that may also help you!



New technologies help persons with special learning needs by enhancing their life experiences.

New technologies are also used in Supported Decision Making.



In the project **Decider**, partners created an application.

Decider application helps persons with special learning needs in decision making.

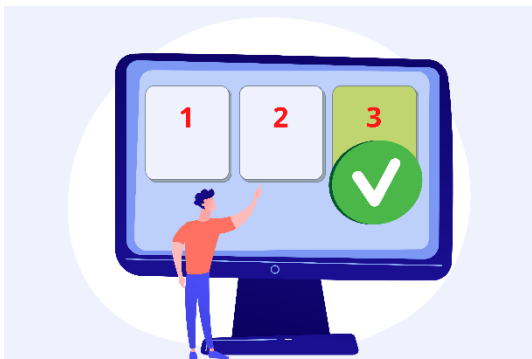


Sometimes, when you are making a decision, you need to choose the best solution among many options.

Your choice depends on the possibilities, needs and what you like.



In the application you can collect possible solutions. You will see some important information about the available solutions.



You can also insert your needs. The application will show you which solution could be the best for you.



Remember the final decision is made only by you not by the application.

For more information, please visit our website:

<http://decider-project.eu/>

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