

# Learn about your right to make big and small decisions

You have the right to make choices about your health.

This fact sheet says that there are four steps to making a good decision. You must:

1. Understand all the information.
2. Understand what your choices are.
3. Think about what will happen because of each choice.
4. Make your choice.

Sometimes, you can do these 4 things and make a decision by yourself. Other times, you may need help to do some of the things on the list.

Supported decision making is when someone helps you understand and think about your choices.

The fact sheet explains supported decision making. The fact sheet says who can support you when you need to make a choice.

Remember, it is your right to choose. Other people can help you but they should not make the choice for you.

## We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

## **This resource was made by**

### **IDRS**

IDRS is a free service for people with intellectual or other cognitive impairment in New South Wales. IDRS works alongside people with cognitive impairment to promote and protect their rights.

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