

Principles for supporting decision-making and implementing supported decision-making

This material has been prepared by Inclusion Finland KVTL and FAIDD's Communication and Technology Centre Tikoteekki. The examples and advice in the brochure have been created by a group of people from Omillaan cooperative.



Kehitysvammaliitto

1

The person is an actor when they make decisions and do things for themselves.

SUPPORTED PERSON

I make my own decisions and implement them.

SUPPORTER

I respect the person's own agency and enable it to be realised. I help the person understand the effects of their actions. Trying and doing things, as well as information, makes understanding the effects easier.

In day services, I would have liked to go to a dance group in the morning, but the instructor made me edit videos. The instructor assumed that I would rather edit because I was not that interested in dancing before.

In day services, I could choose whether to go for a walk or stay indoors and play games. I wanted to go for a walk because then you can enjoy the fresh air and sleep better.



ADVICE FOR THE SUPPORTER

Do not assume. Find out the supported person's own will in a way that is appropriate for them. Explain the options and find out the background.



2

The person can get support for decision-making when needed.

SUPPORTED PERSON

I decide for myself and I get appropriate support for decision-making if I need it. I get plenty of practice making my own decisions.

SUPPORTER

I think that everyone can make decisions with the appropriate support. I do not decide for the supported person. I support and encourage them to choose for themselves.

I wanted to apply as a volunteer for the Ice Hockey World Championships, so I asked the instructor to help me prepare the application. The instructor helped and I became a volunteer.



ADVICE FOR THE SUPPORTER

Do not assume. Find out the supported person's own will in a way that is appropriate for them.



3

The support is versatile and individualised.

SUPPORTED PERSON

I get as much support as I need in the situations where I need it. The way of support is appropriate for my needs.

SUPPORTER

I know various ways in which I can support the supported person's decision-making. I adapt my way of support according to the needs of the supported person and the given situation. I make sure that the people chosen by the supported person can also participate. These people play an important role in interpreting the supported person's will and their decisions.

We were on a trip and there was a chance to go swimming. I was really nervous. The instructor encouraged me, but did not pressure me. I saw that a lot of other people also went swimming. I was encouraged to go swimming myself. Swimming made me feel good and I would have regretted it if I had not gone swimming.



ADVICE FOR THE SUPPORTER

It is important for the supporter to know the supported person. The supporter must know how to encourage, recommend and give options, but not pressure the supported person. Knowing each person's preferences, individual boundaries and means of communication enables appropriate support for the situation.



4

The decisions are based on the supported person's own preferences and will.

SUPPORTED PERSON

I make decisions based on my own will. If I do not know what I want yet, support helps me identify my will and preferences.

SUPPORTER

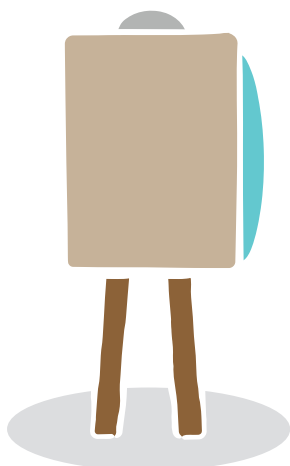
I get to know the person and the things that are important to them. I help the supported person in making decisions based on their will and preferences and I am on their side. I realise that the will and preferences are often or sometimes different from the supported person's best interest. I am as neutral and impartial as possible in relation to the matter to be decided.



ADVICE FOR THE SUPPORTER

Explain the facts, be objective and do not let your own opinions affect the matter.

I have not gone to bed on time and then I am tired in the mornings. The instructor has explained how important sleep is for coping and health in general. However, staying up in the evenings is my own decision.



5

All kinds of decisions are allowed.

SUPPORTED PERSON

I get to make decisions based on my own will and preferences. This includes those that seem wrong or bad to other people.

SUPPORTER

I think that the person is allowed to make all kinds of decisions. I realise that decisions based on will and preferences may be different from those in the person's best interest. I realise that bad or wrong decisions can be important for learning. Decisions and their consequences can be considered in advance and afterwards.





It is allowed to have a change of mind.

SUPPORTED PERSON

I can change my opinion and decide again.

SUPPORTER

I realise that the person's opinion or decision can change through new information and experiences.

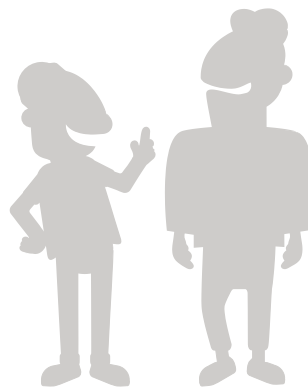
My opinion on social relationships and their importance has changed. My trust in others has increased and I want to interact with others more than before. The instructor must take this into account when supporting me and planning activities.



ADVICE FOR THE SUPPORTER

Change of opinion or decision is allowed, it is neither anyone's fault nor is it wrong.

The supporter or supported person has not failed if there is a change of mind.



7

The person can choose their own supporter(s) or participate in their selection.

SUPPORTED PERSON

I choose my own supporters or I participate in the selection of the supporters.

SUPPORTER

I make sure that the supported person can choose their own supporters. I can propose myself or others to provide support in decision-making. I help the supported person choose supporters appropriate for them.

In the last year, there was a network meeting at school where an independent living trial was proposed. The network supported the decision. The decision was discussed with my parents for a long time before I decided to take part in the independent living trial.



ADVICE FOR THE SUPPORTER

The supporter has not failed if the supported person wants someone else to support them in decision-making. On the contrary, in this case, the supported person has at least had an opportunity to choose.



8 Accepting support is voluntary.

SUPPORTED PERSON

I can refuse support.

SUPPORTER

I respect the person's opinion and wish not to accept support. I try to understand why they do not want to accept support. I see if another person would be a more appropriate supporter for them.

I am going to day services. A busy instructor comes to help me. I start to resist – I scream loudly and tense up my body into an arched position. The instructor notices my opinion and gets another supporter. The instructor starts talking in a soft voice. I calm down.



ADVICE FOR THE SUPPORTER

Do not take offence. You can explain the consequences of refusing and the options in an objective manner.





The support is based on respectful encounters, good interaction and trust.

SUPPORTED PERSON

I am treated with respect and people take interest in me. I get to be heard and receive support by my own means of communication.

SUPPORTER

I am interested in the person, and I also want to get to know them and understand their opinions. I use their means of communication when providing support. I treat the supported person individually and with respect. I am worthy of their trust.



This principle cuts across all the principles. If this principle is not realised, then it is likely that the other principles will not be realised in an acceptable manner either.

