The Right to Decide:
We can make decisions too

Kia ora everyone!
A personal perspective

• Good and Bad Decisions:
  – Work
  – Finances
  – Girlfriends and friendship
  – Where I live
  – About my family
  – My health

A personal perspective

• I am capable of making decisions
• I have made some really great decisions and have made the wrong decision from time to time.
• But you don't have to have an intellectual disability to make a wrong decision!
• Sometimes, I need support to make a decision.
Why is decision making important for us?

- It is fundamental to having control over our own lives.
- When we make decisions, we are seen as more capable.

Why is decision making important for us?

- When we are not allowed to make our own decisions, we are seen as less capable.
- We are seen as having less value in the community if someone else makes decisions for us.
Why don’t we get to make our own decisions?

- Too often, we are not allowed to make decisions for ourselves.
- This can be for many different reasons including family members trying to protect us or the general community not thinking that we can make our own decisions.

But we can make our own decisions!

And we should be allowed to!
What kind of decisions?

- Simple everyday decisions like what to wear or what to eat.
- Bigger life decisions like who to date and relationships, our reproductive rights, where to live and having control of our finances.

Support to make decisions

- We all rely on some support for some decisions.
- Generally, we get this support from the people we know and trust.
- Sometimes people are paid to provide support.
Support can come in many forms. For example, a support person might listen and explain things in plain language in a way that you understand.

They may help you break down the information and the choices.

They may help you to sort out the good and not so good points of a decision.

**Supported decision making**

- Now the big question... can all people with intellectual disability make their own decisions?
- **Yes they can!**
- For those with higher support needs, a group of people who know the person really well can help them to make their own decisions.
- This is called **supported decision making**.
The Right to Decide

- Having the right to decide and make decisions is important for securing all other rights for us.
- If we are not allowed to make our own decisions, how can we have a voice with anything else that is important to us?

A growing voice

- The voice of people with intellectual disability is a strong voice and is growing stronger all of the time.
- Organisations like Inclusion International, the self advocacy movement and the CRPD has brought about this change and encouraged and supported people to have their voices heard.
People with intellectual disability say

• We want to have our voice heard and acknowledged
• We want to be accepted for who we are
• We want to make our decisions
• We want to be asked for our view and opinion on things
• We want to be treated the same as other people
• We want to have the same rights and opportunity to do things with support when needed

There is a need to look at how we make this right real for ALL people with intellectual disabilities.

By making the right real for all people with an intellectual disability, it helps turn our hopes and dreams into reality.