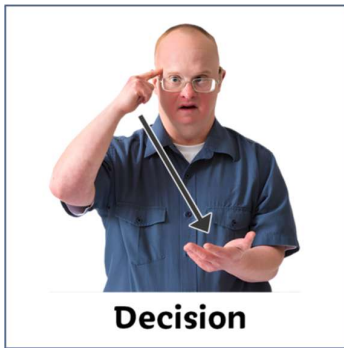


Making decisions with help



**A short report from the Nova Scotia
Department of Justice**

Making decisions with help



What is this report about?

This report is about decisions.

Everyone has to make decisions and choices in life. Adults are supposed to be able to make their own decisions.

But some adults need help to make decisions.



What is supported decision-making?

Supported decision-making is a way to get help.

This type of decision making helps adults make decisions. But it also helps them stay in charge of their own lives.



The helper is called a supporter. The supporter is someone the adult trusts.

The supporter can help the adult in these ways.

- Find and explain information
- Talk and think about the different choices
- Share the adult's decision with others



Who is allowed to make decisions?

Adults can usually make their own decisions. Someone else has to prove when they can't.

But some adults find it hard to make decisions. They may have a disability or a condition. They need help.

Supported decision-making can be used to help them.



What kind of decisions can adults get help with?

Supported decision-making can be used for many kinds of decisions. Adults can choose what they want help with for most decisions.

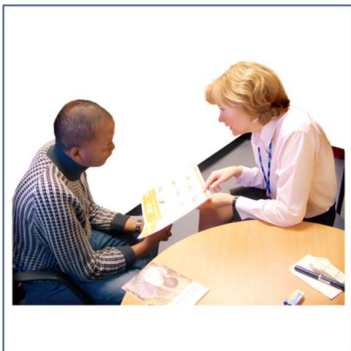
These can be choices about health care or money, or where to live or what to do each day.



Who can be a decision supporter?

Adults choose people they know and trust to help them.

Supporters must be honest and do what the adult wants.

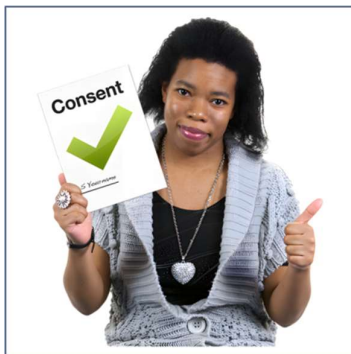


What are agreements?

An agreement is a written paper. It has information about how the supporter can help the adult.

- It shows what decisions the adult can get help with.
- It shows who the supporter is.
- It shows what the supporter can see or do.

Sometimes a lawyer must check the agreement.



How are adults protected?

There are rules about agreements. These rules help keep adults safe. Here are some of the rules.

- Have someone check the agreement.
- Have more than one supporter for the adult.
- Check the agreement many times.
- Keep notes or records.

It will also help to let people make a complaint if something goes wrong.



Is there training and resources?

It is important to learn about support in decision making.

This includes the adults and their supporters. It also includes people like doctors or bank workers.

Some places keep a list of agreements. They are in a safe place. But people can find them if needed.



Summary

Everybody has to make decisions.

Some people need more help than others. Supporters help adults make decisions.

Agreements help everybody to know how to give help. They also keep adults safe.