

SAFE HAVEN CONNECT CIC · REGISTERED CIC

MY LIFE, MY CHOICES

Choice, control, supported decision-making and having a real say in my own life

NEW DISABILITY WORKBOOK SERIES - BOOK 14

This workbook belongs to:

Needing support with a decision does not mean your preferences stop mattering. Good support helps a person understand, communicate and take part in decisions as fully as possible.

Welcome

This workbook is about everyday choice and self-advocacy. It is not a legal capacity assessment. Some major decisions have specific legal requirements, but your views, preferences and communication should still be taken seriously.

A choice that matters to me right now:

1. Choices I Make Every Day

Small choices are still real choices.

- ☐ What I wear
- ☐ What I eat
- ☐ When I rest
- ☐ What I watch / listen to
- ☐ Who I spend time with
- ☐ How I communicate
- ☐ What hobbies I do
- ☐ How my room / space looks
- ☐ Where I go
- ☐ When I want privacy

My notes / what applies to me:

2. Choices I Want More Control Over

Notice areas where other people may currently decide more than you want.

Life area	How much say I have now	How much say I want
Food		
Clothes		
Home		
Money		
Support		
Activities		
Relationships		
Healthcare		
Work / learning		

3. How I Show Preference

Preference can be communicated in many ways.

- ☐ Speech
- ☐ AAC
- ☐ Typing
- ☐ Pointing
- ☐ Pictures / symbols
- ☐ Gesture
- ☐ Facial expression
- ☐ Body movement
- ☐ Moving toward / away
- ☐ Repeated choices over time
- ☐ Behaviour that shows comfort / discomfort

My notes / what applies to me:

4. What Helps Me Decide?

People make better decisions when information is accessible.

Support	Does this help me?
Plain language	Yes / No / Sometimes
Pictures / examples	Yes / No / Sometimes
Written information	Yes / No / Sometimes
Seeing the option in real life	Yes / No / Sometimes
Talking it through	Yes / No / Sometimes
Extra time	Yes / No / Sometimes
One choice at a time	Yes / No / Sometimes
Pros and cons	Yes / No / Sometimes
A trusted person	Yes / No / Sometimes
Trying something before deciding	Yes / No / Sometimes

5. I Need Time

Processing time is part of decision support.

When I am asked to decide, I may need:

6. Too Many Choices

More options do not always create more control.

A number of options that feels manageable for me:

How I like choices presented:

What happens when I am given too many choices:

What people can do instead:

7. Supported Decision-Making

Support should help you make or communicate a decision rather than automatically replacing your voice.

Helpful support	Unhelpful takeover
Explain information clearly	Decide before asking me
Help me compare options	Only tell me the option they prefer
Give me time	Rush me
Check what I mean	Assume what I want
Help me communicate	Speak over me
Respect my final preference	Punish or shame my choice

8. Who Do I Trust to Help Me Think?

A trusted person can help explain, compare or remember information.

Person	What I trust them to help with	How they should help

9. Advice Versus Pressure

Advice gives information. Pressure tries to control the answer.

Advice can sound like...	Pressure can sound like...
Here are the options.	You have to choose this.
Would you like my opinion?	I know what is best for you.
Take some time.	Decide now.
What matters to you?	Do it to make me happy.
You can disagree with me.	Don't be difficult.

10. My Right to Change My Mind

New information, experience or feelings can change a decision.

A decision I changed my mind about - or might want permission to reconsider:

11. Saying No

No can be spoken, typed, signed, indicated or shown in other clear ways.

Ways I communicate NO:

12. Saying Yes Freely

Agreement matters most when it is informed and not forced.

I know I am choosing freely when:

13. When I Am Unsure

Not sure is a valid response.

Things that help me move from unsure toward a decision:

14. Everyday Risk & Choice

Living involves risk. Support can help identify and reduce risk without removing every choice.

Choice I want	Possible concern / risk	What could reduce the risk?

15. My Preferences Versus Other People's Preferences

Sometimes other people strongly prefer a different option.

What I prefer	What someone else prefers	Whose decision is this?

16. Decisions About Support

You can have preferences about how support is provided.

I want more say over these parts of my support:

17. Decisions About My Time

Your time is part of your life.

Part of my time	What I choose now	What I want to choose
Morning		
Daytime		
Evening		
Weekends		
Appointments		
Activities		
Rest / alone time		

18. Decisions About My Home & Personal Space

Choice can include privacy, belongings, routines and visitors.

Things I want control over in my personal space:

How I want people to ask before entering / moving my things:

Visitors I want to choose:

Routines at home I want more say over:

19. Decisions About Work, Learning & Activities

Goals should connect to what matters to you.

Goal / activity	Do I want this?	Why does it matter to me?
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	
	Yes / No / Unsure	

20. Healthcare Decisions & Questions

Accessible information can help you participate in healthcare discussions.

What I want healthcare staff to explain clearly:

How I prefer information presented:

Questions I want to ask:

Who I want involved, if anyone:

What I need before agreeing to something:

21. Preparing for a Decision Meeting

Prepare what you want people to know before a meeting.

The decision being discussed:

What matters most to me:

My preferred option right now:

Questions I want answered:

How I want to communicate:

Who I want there to support me:

22. When I Feel I Am Not Being Heard

Create a plan for getting your view back into the conversation.

- ☐ Ask for more time
- ☐ Use my communication passport
- ☐ Put my view in writing
- ☐ Ask someone I trust to help me express it
- ☐ Ask people to explain why something cannot happen
- ☐ Ask what other options exist
- ☐ Request another conversation when I have more capacity

My personal plan when I feel unheard:

23. My Choice Experiment

Take one everyday choice and practise having more control over it.

The choice I want more control over:

What information do I need?

How do I want the options presented?

Who, if anyone, will help me think?

What did I choose?

Did I feel listened to?

What would improve the process next time?

24. My Decision-Making Passport

A page you can choose to share with people supporting you.

How I communicate choices	
How I like options presented	
How much processing time helps	
Signs I am unsure / overwhelmed	
People I trust to support decisions	
What good support looks like	
What feels like pressure to me	
How to check you understood my choice	

25. My Choice & Control Map

I choose myself	I choose with support
I want more information first	I want more say in this area

My Life, My Choices Manifesto

Support should help my voice become clearer - not make it disappear.

I want people to ask me about:

I want more time to decide about:

I want support rather than takeover when:

A choice I want people to respect:

One area where I want more control:

Notes

This workbook is a general disability-focused choice, communication and self-advocacy resource. It is not a legal assessment of decision-making capacity and does not replace legal, safeguarding, healthcare or social-care advice. Laws and formal decision-making processes vary by jurisdiction and situation.

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