

Supported Decision Making Documentation

Every Victorian adult need to know about it & every state in Australia needs to implement this legislation.



Think about a learner driver

When someone learns to drive, we don't take away their right to be behind the wheel just because they're still learning.

Instead, we put an experienced driver in the passenger seat.

That person doesn't grab the steering wheel.

They guide, explain what's happening, and help the learner make good decisions, but the learner is still the one driving.

Supported Decision Making works in much the same way.

Sometimes people want help understanding information, thinking through options, or considering the consequences of a decision. That support can come from someone they trust - a supporter who helps talk things through. But the decision still belongs to them.

The supporter is there to guide, not to take control. Because needing support should never mean losing the right to decide for yourself.

At 18 years old, a person is legally recognised as an adult and gains the right to make their own decisions

The UN recognises Supported Decision Making as a FUNDAMENTAL HUMAN RIGHT

Victoria is the first state with this legislation & still people don't know about it.

Over 70% of autistic young people report increased stress during the transition out of school and into adulthood.

1 in 5 Australians are neurodiverse, and an estimated 80% of people with autism suffer from anxiety and/or depression; they can benefit from support in making decisions



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