

Making decisions

There are lots of decisions to make in life, especially when times are difficult or uncertain.

Decision making profile

A decision making profile looks at how you make decisions and the support you need to make them:

Decision making agreement

A decision making agreement is a clear record of decisions you need to make, who might help you to make the decision and who makes the final decision

How I make decisions – Decision making profile

How I like my information	How to present choice to me	How can you help me understand?	When are the best times to ask me to make a decision?	When is it not a good time for me to make decisions?

How I make decisions – Decision making agreement

Important decisions in my life	How I want to be involved and who might help me	Who will make the final decision

Making decisions

There are two parts to the decision making tool:

- Decision making profile
- Decision making agreement

Together, these help us to work with a person to develop actions that increase the range and significance of decisions that they make.

What is a decision making profile?

A decision making profile describes how a person makes decisions and how they want to be supported in their decision making. It also describes how to provide information in a format that makes sense to the person, (pictures, audio symbols etc)

What is a decision making agreement?

A decision making agreement helps us to increase the number and the significance of the decisions that people make. It gives some concrete ways of thinking about the decisions that a person has to make and most importantly, how the person will be involved in making the decision.

A decision making agreement will also show who will make the final decision. Using a decision making agreement increases the amount of choice and control people have over their lives. It will clarify how decisions are made and help to ensure that the right people are involved in supporting a person to make each of the key decisions that they need to make decisions. People can be prepared to offer the right support at the right time and there is clarity over who makes the final decision which will avoid confusion.

Why use a decision making agreement?

Life will provoke lots of choices and decisions that a person needs to make – it can be an ‘unknown zone’. A decision making agreement will clarify how decisions are made and help to ensure that the right people are involved in supporting a person to make each of the key decisions that they need to make decisions.

The decision making agreement is underpinned by the Mental Capacity Act 2005. Read our [guidance](#) about the mental capacity act

Find out more about decision making agreements:

<http://www.helensandersonassociates.co.uk/reading-room/how/person-centred-thinking/person-centred-thinking-tools/decision-making-agreement.aspx>

You tube resource on decision making agreements

<http://www.youtube.com/watch?v=89eFLFu86-Y>