

A video about making your own decisions

[Watch video](https://www.youtube.com/watch?v=rdf8YztWAQ)(<https://www.youtube.com/watch?v=rdf8YztWAQ>)

Supported decision making is when someone helps you make more of your own decisions.

This video shows how you can be supported when making decisions.

Remember that:

- You can change your mind.
- It is ok to make mistakes.
- People should listen to you.
- It is your life.
- You can ask for help if you need it.

[Making my own decisions](http://cid.org.au) (cid.org.au)

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- [Visit website](#)