



Are you a **family member** of someone with intellectual disability living in supported accommodation?

The **My Right to Decide** project provides training and resources to help build the decision making confidence of people with intellectual disability and their supporters.

Our training can assist you to:

- ✔ **Understand more about supported decision making**
- ✔ **Learn about the rights of people with disability**
- ✔ **Support your loved one to increase their confidence and skills in decision making**

My Right to Decide works with people with disability, their support workers and families.

If you're interested in participating in a My Right to Decide training for families, please contact Cathy at cathy@cid.org.au or **1800 424 065**.

➔ **What is supported decision making?**

We make many decisions every day. We often ask others for support to make decisions.

For many people with intellectual disability, decisions are made for them when in fact they have the right to make decisions with the right support.

➔ **What is Council for Intellectual Disability (CID)?**

CID is a disability rights organisation led by members with intellectual disability. CID has a very clear purpose: we want a community where all people with intellectual disability are valued. We work to build a community that protects rights, includes everyone and supports people well.

Find out more at www.cid.org.au



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