



Action Cards



How to use the cards

Look at the Action cards to help you:

- ➔ Take part in your choices and decisions.
- ➔ Be a strong Decision Maker.
- ➔ Lead your own life.
- ➔ Tell people around you what actions to take.



Give me time and space to make the best choice for me.

Here are some ideas

- Be patient.
- Do not rush me.
- Give me time to think.



Make information easy for me.

Here are some ideas

- Give me information in a way that works for me.
- Say it in a different way.
- Check I understand.



One decision at a time. All at once is too much for me.

Here are some ideas

- Help me know where to start.
- Break the decision into steps.



Give me breaks. Making decisions can be hard work.

Here are some ideas

- Giving me a break helps my mind to rest.
- A break helps me think about my feelings.



Help me deal with risk. Taking risks can help me grow.

Here are some ideas

- Talk about the good things first.
- Do not only talk about the bad things.
- Talk about how to make it safer.
- Work through risk with me.
- Let me have a go.



I need one Decision Supporter at a time.

Here are some ideas

- Too many people means I get left out.
- Support my voice to be heard.
- Help me tell other Decision Supporters what I want.

A **Decision Supporter** can be a family member, friend, peer, paid supporter or advocate.



Get to know me.

Here are some ideas

- Spend time with me.
- Find out what I like and do not like.
- Make it safe for me to share my story.
- Tell me about yourself so I can know you too.



Help me understand the options.

Here are some ideas

- Show me new ideas in a way I understand.
- Tell me stories of how it feels.
- Be a role model.
- Respect when I say no.



Break down the decision into parts.

Here are some ideas

- Help me see when a decision can be made.
- Support me to understand what it all means.
- Ask me questions. What information will help?
- Help me work out if it is a big or small decision.
- Help me plan.



Hear what I have to say.

Here are some ideas

- Do not talk over me.
- Find out how I use my voice.
- Check that you understand what I say.
- Remember it is about me not you.