

Decision Making Agreement – Anna

Decision Making Profile

Name	Anna	Date	
Completed by		Reviewed by (date)	

[See Communication chart for more details](#)

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
<ul style="list-style-type: none"> In small amounts, I can read but can't take in the information very well. Spoken to me is best and picture books with examples in can help I like information to be factual and not emotional. 	<ul style="list-style-type: none"> Tell me that I need to make a choice and give options a number or pretend one hand means one thing and the other hand another and then I can point to my choice or tell you the number. 	<ul style="list-style-type: none"> Use a book with pictures in it describing the choice or relate the choice to TV shows I like. Help me by giving me facts don't use emotional reasons or other people as reasons as I don't relate myself to others very well. 	<ul style="list-style-type: none"> Early in the day after breakfast and my tablets. When I say 'I'm cheered up today' When I have just shown you something new I've brought. When I'm out after church and I'm shopping Over lunch out. 	<ul style="list-style-type: none"> From 4pm onwards I get very tired. Before meal times I get very hungry. When I am biting my fingers or punching my stomach. When I am repeatedly saying 'I'm not in an bother' Before I've had my tablets.

List of decisions and how I make them

Decisions in my life	How I must be involved	Who makes the final decision
<ul style="list-style-type: none"> What I eat. Where I go in the day time What I wear. How I travel Who I'm friends with. What tablets I take How I spend my money. 	<ul style="list-style-type: none"> I choose what food I buy and I need to be given a choice between two things in the evening. Ask me regularly if I'm happy at day centres and if I'm happy with what I do on days when I'm at home Ask me what colour I want to wear today Ask me regularly if I'm happy with my transport. Talk to me about my friends and how I'm getting along with them. Tell me it's time to take my tablets Show me choices and count money out with me so I can see if it matches how much I need to buy what ever it is I want. 	<ul style="list-style-type: none"> Anna Social services – (funding body) say yes to places but Anna would make the ultimate decision if she said she didn't want to go. Anna Funding bodies and staff Anna Doctors but ultimately Anna if she refused – this would lead to a specific decision making record. Anna but this is somewhat dictated by things that are out of her control like rent and bills etc. however she signs her cheques so makes the final decision.

If this raises questions, or differing opinions use the Specific Decision Making Record.

Communication Chart – Anna

Communication Chart for Anna

At this time	When this happens	We think it means	And we do this
When you ask Anna how she is today	Anna makes an action of punching herself in the stomach, or bites her lip or her fingers and says 'bite your fingers make them sore bite your fingers make them bleed'	Anna is not happy about something and it telling us she's not happy	Ask Anna to tell us what the matter is and reassure her she won't get in any bother and that we will listen
When you are supporting Anna to choose a meal to cook or clothes to wear.	Anna says very quietly 'I'm stuck' 'not got a clue'	Anna is not confident in making a choice for fear of making a mistake or wants to make sure staff will support her throughout this process and not leave her alone to do it.	Say 'that's ok I'm here to support you so lets just start with what sort of thing you want to eat?' 'hot or cold?' 'potatoes or pasta?' or with clothes we ask her 'what colour do you want to wear?'
When Anna is about to go out somewhere new or for the night.	Anna repeats over and over: 'I'm coming back though'	Anna may be unsure about where she is going and wants reassurance that she still lives in her home and will be back again. She may also be telling us she doesn't want to go.	Ask her 'outright' do you want to go or not and reassure her either choice is ok. Support Anna to look at a calendar to show her the day she will return and then make a plan for something she can do that day and with which staff so she can hold on to that thought whilst she's away.
Any time	Anna starts to rock back and forwards and tense up areas of her body maybe her face or hands	Anna is fine and is expressing an emotion possibly she's excited.	Leave Anna alone as she needs no support and will come round after a few minutes. Ask her if she wants to talk about anything.
Any time	Anna starts saying very quietly 'I can't wait' or 'don't want my stomach mardy bumbling'	Anna is hungry and wants something to eat straight away or maybe needs to toilet.	Ask Anna if she is hungry or if you are out ask her if she needs support to find a public toilet

We want to tell.... To do this....	To do this we.....	Supported by:
We want to tell Anna to get ready to go out	Tell Anna with half an hours notice because she hates to be rushed.	Staff
We want to tell Anna there needs to be a change to her normal routine or to the staff she was expecting	Tell Anna as soon as you find out and explain to her she hasn't done anything wrong but that for today we need to make a change and why. For example she needs to know if it's because someone is sick, or a day centre is closed or transport has cancelled. Anna will repeat this back to you and you should repeat it to her reassuring her that's the reason and if she starts to say 'I'm not in any bother' reassure her she's not and tell her when things can resume to normal.	Staff
We want to tell Anna information so she can make a choice. For example the list of holiday destinations from her day centre so she can pick which one she wants to go on.	Tell Anna that you have information she needs to make a choice with. Then read her each choice. Anna likes to choose based on things she's not done before so she is likely to say to staff 'I've not had that one have I?' If Anna says this to any choice go into that one in more detail explaining what it is then ask her if that's what she wants to choose.	Staff