





# A Practical Guide to Supported Decision-Making

**Paradigm**  
Pushing boundaries

and partners

Free to download from [www.paradigm-uk.org](http://www.paradigm-uk.org)

# Being supported to make decisions





# Being supported to make decisions



## The 5 key principles of the Mental Capacity Act 2005:

**1. The assumption of capacity:** 'A person must be assumed to have capacity unless it is established that he lacks capacity.'

Supported Decision-Making!

**2. The support principle:** 'A person is not to be treated as unable to make a decision unless all practicable steps to help him to do so have been taken without success.'

**3. The unwise decisions principle:** 'A person is not to be treated as unable to make a decision merely because he makes an unwise decision.'

**4. The best interests principle:** 'An act done, or decision made, under this Act for or on behalf of a person who lacks capacity must be done, or made, in his best interests.'

**5. The least restriction principle:** 'Before the act is done, or the decision is made, regard must be had to whether the act, or the decision which it is needed can be as effectively achieved in a way that is less restrictive of the person's rights and freedom of action.'

## Why are people ignoring Supported Decision-Making?



# There are traps we can **all** fall into...

Not knowing the person well enough to be able to support them

Inheriting a culture of 'the way it works'

Not tuning into a person's communication

Presuming what people want

Assuming someone who doesn't use words cannot communicate

Being risk-adverse or biased

Historical worth of people with learning disabilities

Not having time and not preparing well enough

Not keeping the people we support at the centre

Not feeling confident and equipped to do this

Not having built a relationship of trust with the person

Being over-zealous and trying to SAVE someone

Misguided loyalty

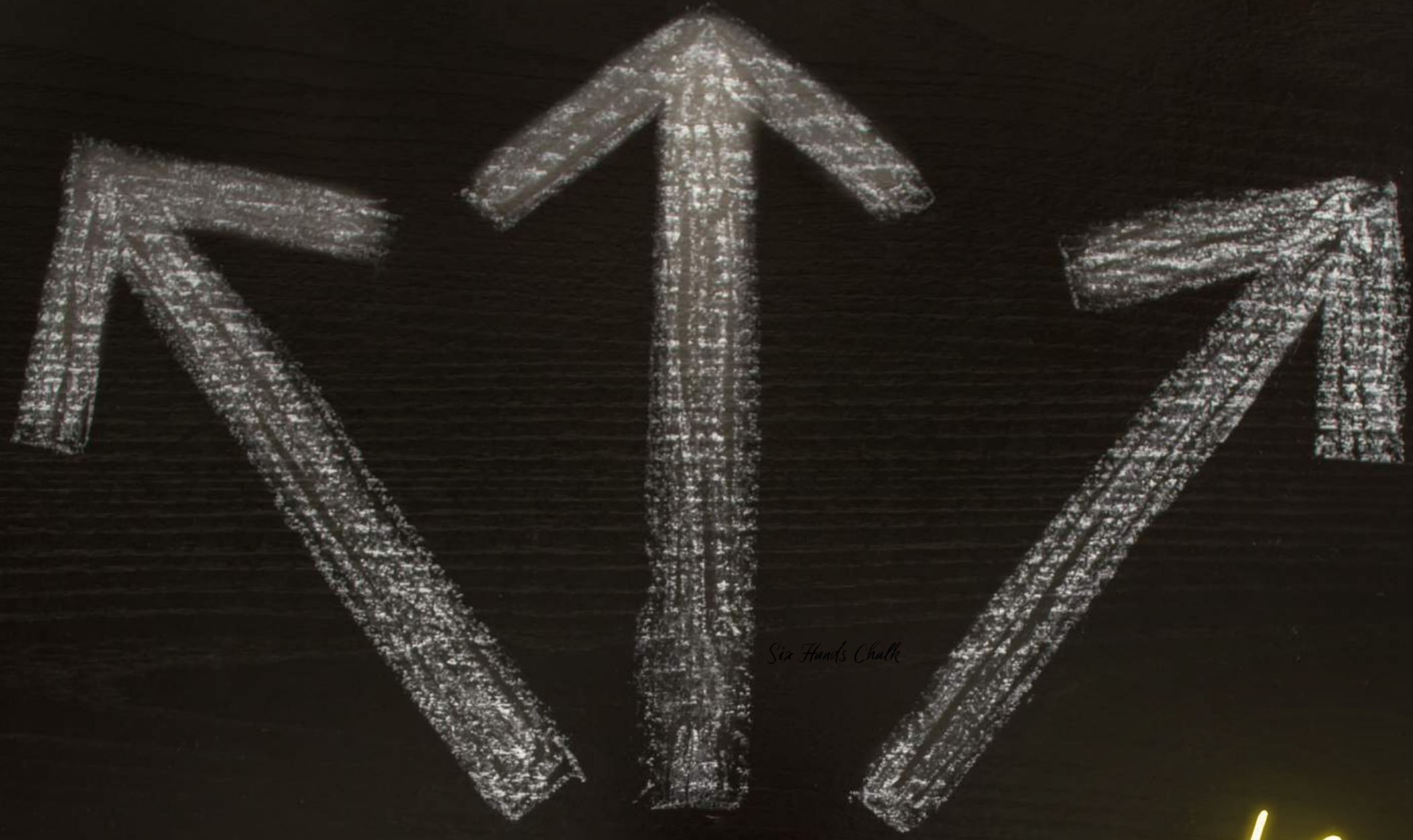
These are only **SOME** of the traps!





*please*





*Six Hands Chalk*



*My life*



# A Practical Guide to Supported Decision-Making

**Paradigm**  
Pushing boundaries

and partners

Free to download from [www.paradigm-uk.org](http://www.paradigm-uk.org)

You can download [this form](#) to record a person's decision-making process.



There's an important case, [CC v KK](#), where the council only assessed a person's capacity to choose to live in a care home, but did not explain properly what support would be available if she went home, meaning she could not properly evaluate each option as they were only really considering one option (the care home). So detailed consideration of each option separately is sometimes useful.

# Communication Chart belonging to: \_\_\_\_\_

Supported by:

Should be shared with:

Dated:

To be reviewed:

At this time / In this situation	He/she does this/makes these sounds/gestures etc	We think it means	You should do this	At this time / In this situation	When you want her/him to know or do this	You should say or do this
	→	→	→	→	→	→

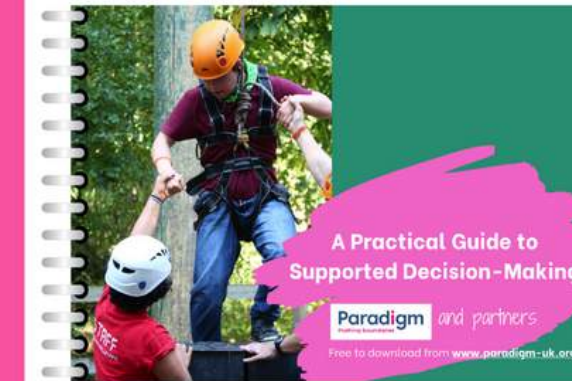


## NEW Supported Decision-Making Training

Paradigm  
Pushing boundaries



Supported Decision-Making is a basic human right that is highlighted in the UN Convention on the Rights of Persons with Disabilities and is part of The Mental Capacity Act 2005 and The Care Act 2014. It is NOT negotiable. Are YOU upholding this?



**1 DAY**  
**CO-FACILITATED**  
**TRAINING**  
**IN PERSON**  
**OR ONLINE**

### BOOK NOW

We can deliver in your organisation for 24 people for £1000 PLUS VAT and expenses or we can book you onto our next training day for £150.

You can find out more or email us on [hello@paradigm-uk.org](mailto:hello@paradigm-uk.org)


### This training will:

- Explore what Supported Decision-Making is, how to uphold it and how it is embedded in law.
- Introduce you to the FREE co-produced 'A Practical Guide to Supported Decision-Making' resource.
- Explore the traps we fall into, communication, capacity, and best interest decisions.
- Address recording decisions and sharing info.
- Bring alive your learning through real stories.
- Give time for your 'mop-up' questions.

'It is important for people with a learning disability to be supported to make their **own decisions**. For me, it's about having control of my life. They are **my** choices to make and it's **my right!**'

**Michelle McDermott, Self-advocate, Co-Chair for Thera Trust and Paradigm Reach Co-Trainer**





**A Practical Guide to  
Supported Decision-Making**

**Paradigm** *and partners*  
Pushing boundaries

Free to download from [www.paradigm-uk.org](http://www.paradigm-uk.org)



hello@paradigm-uk.org