



Supported Decision Making

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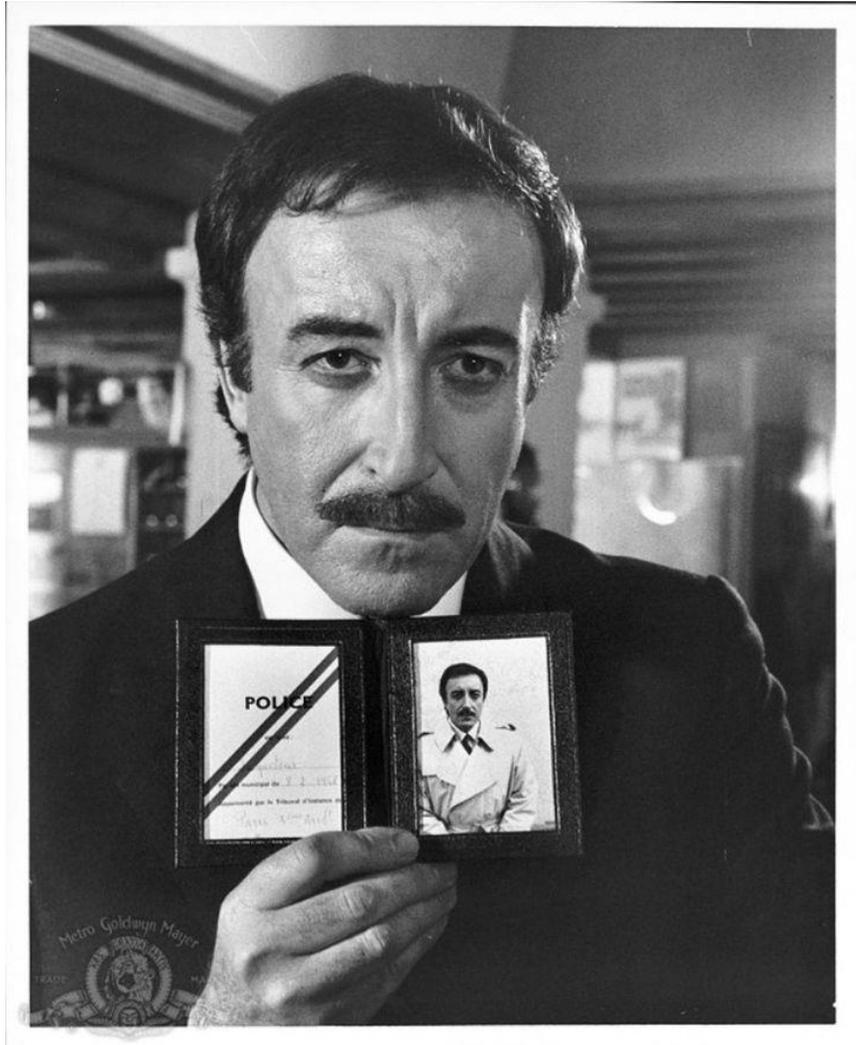
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We are going to explore the second guiding principle of the MCA

“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.”

- Do we water this down by describing it as “supported decision making”
- Is it really just about steps such as glasses, hearing aids and communication tools
- Is it sometimes seen as support to “survive” the capacity assessment
- Are we still getting things the wrong way round

Capacity assessment



A capacity assessment can feel like a test or an interrogation.

Imagine a serious decision you need to make such as whether to take a new job

Discuss in groups how you would make this decision – make some notes



I would like
to offer you
a job

Are you going to
accept?



Feedback your decision making strategies



Different models of decision making

FIVE STEP MODEL

1. Define the situation
2. Generate alternatives
3. Information gathering
4. Selection
5. Action

SEVEN STEP MODEL

1. Identify the decision to be made
2. Know yourself
3. Identify options
4. Gather information and data
5. Evaluate options that will solve the problem
6. Select the best
7. Develop a plan of action

RATIONAL DECISION MAKING MODELS

INTUITIVE DECISION MAKING MODELS

Think about your own decision making

- What processes, people and strategies would you **use** to decide?
- What questions would you ask?
- You would need to get enough information - maybe from more than one source
- You'd need to think about it – mull it over
- You will no doubt test it out with those closest to you
- You might have to get some specialist advice
- You might do things like
 - Sleep on it
 - See how it feels
 - Take specific faith or cultural based steps



- You might have an knee jerk or emotional first response and then come to a more measured view
- It might take the opinion of someone who thinks differently to you, to sway you
- It might come down to the toss of a coin or a dice
- You might make lists or weigh up the swings and roundabouts
- You might not be able to decide without trying it out

"Don't make a permanent decision for your temporary emotion."

Uploaded On CoolNSmart.com

Be decisive.

**Right or wrong,
make a decision.**

**The road of life
is paved with
flat squirrels
who couldn't
make a decision.**

ONE OF THE HARDEST
PARTS OF LIFE IS
DECIDING WHETHER
TO WALK AWAY
OR TRY HARDER.

SOMETIMES THE
HARDEST THING AND
THE RIGHT THING
ARE THE SAME.

Do we have a different approach if the person has a cognitive impairment



Interdependence

- I suggest that none of us really make decisions in a vacuum
- I suggest it wouldn't really help you to decide whether to take a job offer because you had your glasses on and your hearing aids in, as important as they are.



Decision making



Not all decisions are the same



Do we only present two options?

Circles of support



- We all have circles of support and utilise these along with the wider skills, abilities and methods we have honed and developed over the years.

“In essence, we all seek our own circles of support and engage in supported decision-making. Depending on the issue, we reach out to families or friends, colleagues or classmates, mechanics or mentors before we decide to go on a blind date, buy a used car, change jobs, renew a lease, sign up for a hot yoga class or undergo cataract surgery. We confer and consult with others, and then we decide on our own.”

<http://supporteddecisions.org/about-sdm/>

Support to make the decision is way before a capacity assessment

- People need to believe they **can** make their own decisions
- This is a process not an event – it doesn't start on the 16th birthday
- People may lack confidence in decision making for many reasons
- People may be confused but not incapacitated
- People may be ill, scared, overwhelmed but not incapacitated
- People may be in denial or shock and not incapacitated



Get the steps the right way round

- What use are our skills and tools if we get this step the wrong way round?
- What would it look like to shelve all thoughts of a capacity assessment and provide “*all practicable steps to support the person to make the decision*”
- What would convince us (and others) that we had done this “*without success*”



If we don't get this step in at the right time it may be too late



If you assume capacity you then need to give serious thought to these practicable steps, **before** any mention of a capacity assessment

Some practicable steps



- You may be the person who checks that all practicable steps have been taken
- Are you certain the person has had the necessary information
- In a way they can understand – tell me, show me, tell them
- Have they been encouraged (permitted) to utilise their circles of support
- Have they used practical things to help make it more real
- Would talking to someone else in the same situation help – peer or other advocacy
- Have they been allowed to use their own methods

- Make sure **you** know what the salient points are – if you don't know how will they
- Remember there may be specific effects of the persons disability to consider –
 - e.g. - person with brain injury saying Yes because it sounds like the right answer
- Are you sure every avenue has been utilised - written information, spoken information, film, or DVD
- Has another expert been considered to provide some input (would you take out a mortgage without financial advice?)



It may be a staggered process



Capacity can change/improve

- Could you put in place a programme which, with time and support could work towards capacity
- No one is an island – could continuing to work through issues with family, circle of support improve capacity
- can you suggest/advise an intervention which will result in the person having the skills they need to make the decision?
- If our ultimate aim is always to promote capacity the options for support are many and varied



Take home thoughts



- Decision making is as wide and varied as each individual
- Support to make decisions should be even wider
- Includes specialist external help, circles of support, models of decision making, faith and belief, skills and abilities
- Utilise the persons own methods and experience
- Utilise all your skills and your experience

What tools exist for practitioners?
What more is needed?



Thanks for taking part



**Thank
You!!!**