

Choice in the NDIS

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For more information about decision making check out this video by SpeakOutAdvocacy called *Decisions Decisions Decisions*.

One of the important principles of the NDIS is about giving you choice and control. By being given the power to choose you can start to reimagine your life and take real control of your life. Having the power to choose means you can and will make decisions.

So what is a decision?

A decision is a choice. Making a decision is choosing to do or not to do something. We make decisions every day; what to eat, what to wear, where to go and how to get there.

Some people find making decisions easy and others find it much harder. This depends on how often you make decisions and if the decisions are difficult.

Some decisions don't need to be made immediately, some need time to think about and talk about with others. So you don't need to make decisions on your own especially if they are big decisions. What counts as a big decision can also be different for each person.

For example: For some people deciding to take public transport to get to an appointment is something they do every day, for other people this can be scary and can also be a big and complicated decision.

So when we think about decisions we should take our time, consider our options and decide if we need to talk with others and get their support. Don't forget, it's ok to make a decision and then change your mind.

Remember:

- You have the right to make your own decisions.
- It is okay to learn by trying different things out.
- It is okay to talk to other people if you need help making decisions.
- You can change your mind if you want to.
- It is okay to make decisions that other people don't like.
- You can make your own decisions that are different to other people's decisions.

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