

# Choice in the NDIS

## Step 5 - Choice in the NDIS

One important principle of the NDIS is about giving you CHOICE and CONTROL. Having the power to choose means you can reimagine your life and have control of your decisions.

For more information on decision-making, check out this short activity:

### □ LEARNING ACTIVITY

[Decision making: skills for your NDIS Journey](#)

### **We encourage you to practice decision-making skills, whether you get an NDIS plan or not.**

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

Some decisions need time and for some decisions, it's helpful to talk it over with others. What counts as a big decision can be different for each person.

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

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

Next time you need to make a decision, you might find this tool helpful:

- [Decision-Making-Tool](#)

### **Remember:**

- You have the right to make your own decisions
- It is okay to learn by trying different things
- It is okay to talk to other people for advice
- You can change your mind
- 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.