



GLOSSARY

Active(ly) listening

Listening with the intent of hearing and understanding what another person is saying. Active listening is not a passive process.

Advocate(s)

Someone who supports or represents a person (with their consent). Advocates enable the voices of the people they support to be heard.

Associated decision(s)

Some large decisions need to be broken down into smaller decisions in order to be enacted. These smaller decisions are called associated decisions. Fulfilling associated decisions means that the overarching decision is more likely to be achieved.

Autonomy

Exercising choice and making decisions about aspects of your own life. Making choices and exercising autonomy depends on the support people receive and having a range of experiences to choose from.

Choice(s)

Expression of a preference or preferences from a range of options. Choice enables people to have control over their own life.

Constraint(s)

Factors that can limit the decision or narrow the options available to the person. Examples include: money, time, travel.

Cultural norms

Beliefs or behaviours that are shared and considered “normal” among a group of people from the same community. For example, being respectful towards elders is considered an appropriate norm in many cultures.

Dynamic(ally)

Constantly changing, developing or progressing. Not fixed. The La Trobe Support for Decision Making Practice Framework is dynamic. For example, you can move back and forth between the Steps.

Enable(d)(ment)(s)

To make something possible. In disability support work, it means to support people with cognitive disabilities in ways that create opportunities for them that lead to meaningful experiences.



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Engage(d)(ment)

To actively participate in some form of meaningful activity. Examples include: household tasks, hobbies, leisure pursuits, exercise, social activities and social relationships.

Influence(d)(s)

Factors that may shape the decision. For example, available resources are an example of one influence that will shape or alter the decision.

Orchestration

One of the Principles in the La Trobe Support for Decision Making Practice Framework. The primary supporter will orchestrate or coordinate people with appropriate skills, at a particular time and for a particular duration, in order for a decision to be implemented.

Overarching decision

The main or primary decision which the person wants to achieve. It is made up of smaller associated decisions.

Preference(s)

What I want, now at this moment in time. For example, my preference might be to move out of home and into a flat in the inner city.

Scope

The type of impact the decision is likely to have on the person's life and other decisions that might flow on from it.

Self-identity/self-concept

How the person sees themselves and who they are.

Substitute decision

A type of decision that is either moderated informally by supporters or made by a formally appointed Guardian or Advocate. Substitute decisions are generally required when there is conflict in the support provided for decision making, and when there is a risk of anticipated harm to the person or others.

Support for decision making

A way of providing support to people with cognitive disabilities to make decisions. Everyone has a right to make decisions. People with cognitive disability are likely to need ongoing support to make some decisions about their lives.



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The 4 Essentials of Risk Enablement

The 4 Essential items that need to be considered when assisting a person with cognitive disability to take risks. *The full-length Risk Enablement online training resource can be accessed [here](#).*

Unconditional positive regard

Maintaining a commitment to support the person throughout the decision making process. The support provided must be consistent with the person's beliefs and/or values and not your own beliefs and/or values.

Value(s)

A person's beliefs that guide the way they think, act and talk. A person's values will guide their behaviour.

Will

Will refers to a longer term and more enduring sense of what I am trying to achieve in my life. For example, my will might be to be more independent from my parents (and so my preference is to move out of home into a unit). Understanding a person's will helps to understand why they have particular preferences.

This glossary has been adapted from the following resources:

Bigby, C., Douglas, J., Vassallo, S. (2018). Enabling Risk: Putting Positives First. An online learning resource for disability support workers. Retrieved from www.enablingriskresource.com.au

Greystanes Disability Services, La Trobe University. (2015). Every Moment has Potential – An introduction to person centred active support. Retrieved from www.activesupportresource.net.au