

## Growing Up Making Decisions

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# Growing up making decisions



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# About this research



We did this research about young people with cognitive disability.

We will say **young people** for short.



**Cognitive disability** means a disability like

- Intellectual disability
- Autism
- Mental illness.



**Research** means that we look into an issue to find out more about it.

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This research was done by

- The Social Policy Research Centre
- Children and Young People with Disability Australia
- Inclusion Australia.



People with cognitive disability were part of the research teams.



In this research young people means anyone between 15 and 30 years old.



The research looked at what supports young people need to get skills to

- Say what they want
- Say what they do not want
- Make decisions for themselves.



This support might be different for young people who live at home or in out of home care.

**Out of home care** means the young person does not live at home with parents.



They might live

- With other family
- With a foster carer
- In a group home.

# Why this research is important



Many young people do not learn to say what they want when they grow up.



They do not get the support to learn the skills to make their own decisions.



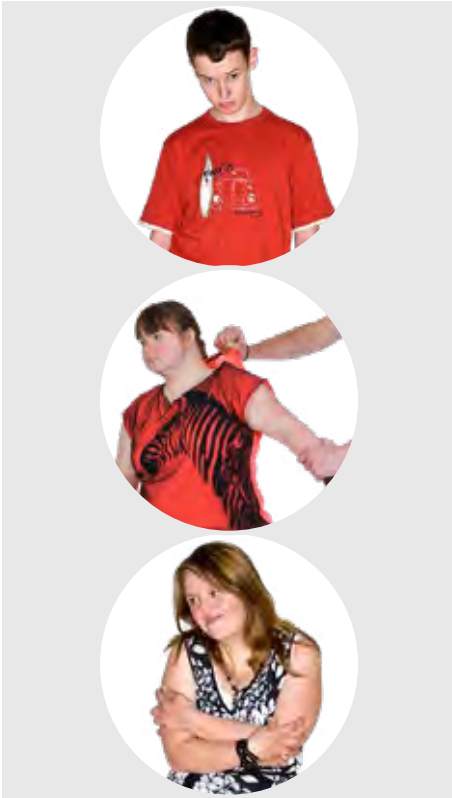
Other people may make decisions for them like their

- Parents
- Guardians
- Support Workers
- Friends.



**Guardians** make decisions for people who cannot make their own decisions.





When someone makes the decision for the young person it might

- Not be what they want
- Hurt them
- Get them into trouble.



It helps keep young people safe if they can say what they want or not want.



Everyone has the right to make their own decisions.



Everyone also has the right to get support to make their own decisions.

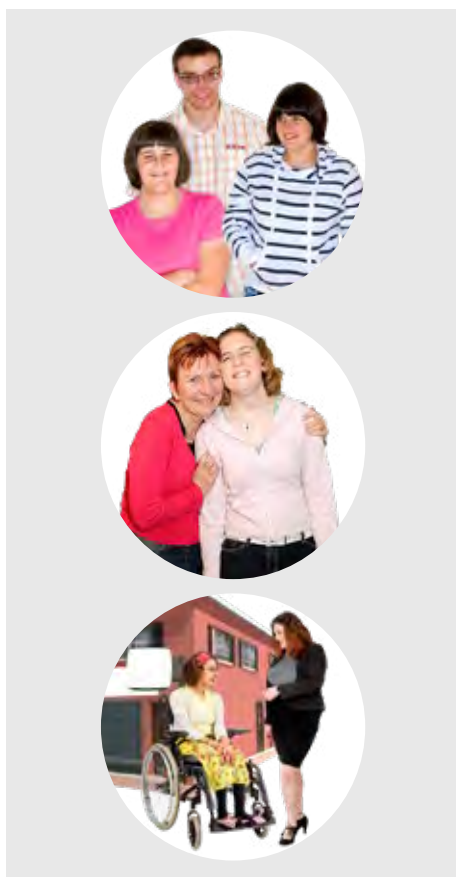
# What we did



We first looked at the things we already know about making decisions.



We then talked to 3 different groups of people about making decisions.



We talked to

- Young people
- Their families and carers
- People working with young people.



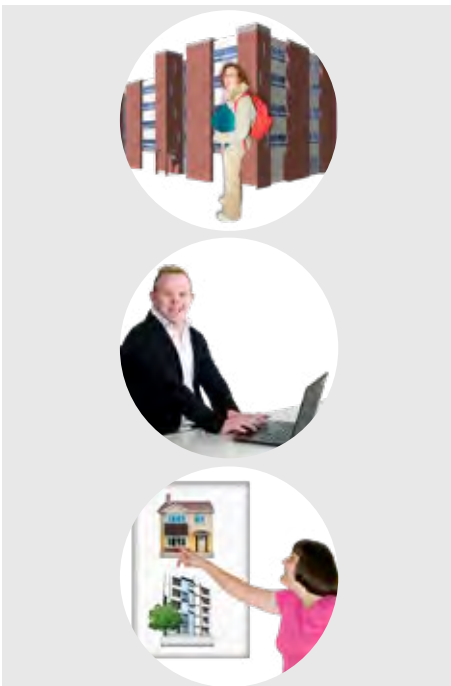
# What we found out



Young people want to make decisions about all parts of their lives.



Young people also want to be allowed to get things wrong.



They often have to make decisions about things like

- Leaving school
- Finding a job
- Where to live.



Decisions can be different for young people if they live at home or in out of home care.



The support young people get to make decisions can also be very different.



Making decisions may be different each time because of

- How old they are
- The type of decision
- The supports they need.



It is important that young people start to learn the skills to make decisions from when they are young.



Young people best learn from people they trust.

# What can be better



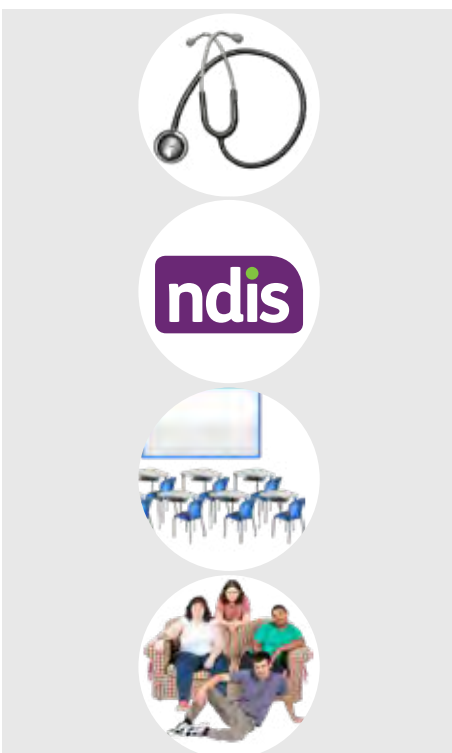
There are some things that can be better to help young people make decisions.



Young people need support to understand they have the right to make their own decisions.



We need to make sure young people are part of making decisions about their lives.



For that to happen we need to make changes to things like

- Health care
- NDIS
- Schools
- Out of home care.



There should be resources and programs to teach young people the skills to make decisions.



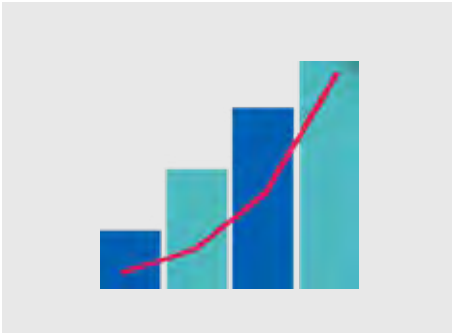
There also needs to be resources and programs for peers and support people.



This might be resources and programs that help with decisions about things like

- Moving out
- Where to live
- NDIS plans
- Health care
- Leaving school.

## More research



We need more research about young people and making decisions.



We need to know what happens when they do not get support to learn the skills to make decisions.



We need to know how to support young people who do not live with family.



They could be in

- Residential care
- Out of home care

**Residential care** is when someone needs care and support where they live.



We need to find out how to best support young people that need a lot of support.



We need to support young people in a way that respects their culture.



They could be First Nations People.



They also might be people from another country.



## For more information



If you would like more information you can contact Ilan Katz.



Email

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You can also go to

**[www.bit.ly/growing-up-making-decisions](http://www.bit.ly/growing-up-making-decisions)**

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