**Video One: Making Decisions**

**Captioning and Slide Transcript**

[Narrator] Kia ora and welcome. This video is about your right to make a choice about where you live. Sam is moving away from his family home into his own flat. Let’s see how he gets on.

[Sam] I have been living at home with mum and dad for a long time now. I want to live away from home...be in a house with people of my own age.

[David] It’s... good for you to make choices, but you should talk about it with your mum and dad first.

[Sam] Yeah!...You're right!

Later that Day….

[Sam] Mum¦ Dad...I like living with you...but.. I want to live away from home.

Mum] Okay, erm this is a really big step, Sam. But, if it's something you really want to do, then we can help you with it.

[Dad] I think living with other people is a really good idea but ... it might take some time to find the right place. And you might need some help with housework and activities.

[Mum] Would you like us to arrange a meeting with Kate, your Support Coordinator, to see if finding a suitable place is something they can help us with?

Sam] I like that plan.

Later that week…

[Kate] Your dad told me that you want to find a place of your own. I’d like to help you find a suitable place to live and make sure that you have the support you need. There are a few different options for you. You could choose to live by yourself or...you can find a place with other people. Have you thought about how you want to live, Sam?

[Sam] I want to try to live with people who are closer to my age so...who I can be friends with.

[Mum] We also think Sam is ready to move out of our home. Erm, a flat with other people would be a good stepping stone for further independence for him.

[Dad] Yes, and if we could find a place nearby, that would be perfect.

[Kate] That's really great to hear and we can also support you, Sam, once you have found a place you like. Let's talk more about the next steps...

[Narrator] After meetings and visits to other houses, Sam found a place nearby with people of his own age. Making decisions in our lives is something that we all have to do. How do you make your decisions? Who helps you make your decisions? And how do you want a service provider to support you to make those decisions? What if the people in your life... your friends and family...don't agree with your decision?

Things to think about:

* How do you make decisions?
* Who supports or helps you to make your decisions?
* How do you want your support provider to support you with your decisions?
* What if your friends or wh$ā$nau don’t agree with your decisions?

To talk to an Advocate call 0800 555 050 (It’s free) or email: advocacy@advocacy.org.nz