Recommendations for practitioners

1. Take time to ask about the person's goals, wants and needs.
2. Identify what practical support a person needs to make a decision.
3. Adapt communication to individual needs and preferences.
4. Promote choice, control, and independence while balancing duty of care.
5. Identify personal and organisational barriers to supported decision-making.
6. Reflect on your own practice and attitudes and commit to changes that promote rights-based practice.