

## Making Choices About Support



This tool will help individuals and supporters think about all the choices a person with a disability may be making in their life.

## What to do:

The chart below describes areas of life where a young adult may face choices. Think and talk about each of these and check off the appropriate box to indicate whether you believe a choice can be made <u>alone</u>, <u>with support</u> or if <u>someone else</u> needs to make the choice.

You do not have to check a box for all of the areas identified. Some may not currently apply, and you may want to think more about others before you decide.

If you feel support would be needed, write down the kind of support you would feel is most appropriate. Refer to the types of support on the power point for examples but be aware that you are not limited to those examples.

## \*\*\*IMPORTANT FOR PARENTS\*\*\*

This tool is meant to help you to get an idea of the different choices a young adult may face and to do a self-assessment of your own feelings around these choices for your young adult. We suggest that you and your young adult each fill this out, however, we do not recommend that you share your activity with them. It is important for you to have an idea for yourself about how confident you feel about them making choices about different things in their lives. You will want to know how your young adult judges themselves and you do not want to discourage them from feeling safe sharing that with you. The idea is to figure out how you can support your young adult in the areas where they feel as though they are able to make decisions.



Check the boxes to say if you want support in each area.

If you check the box that says "Can do this with support," write what kind of support you want.



You do not have to check a box for every category.

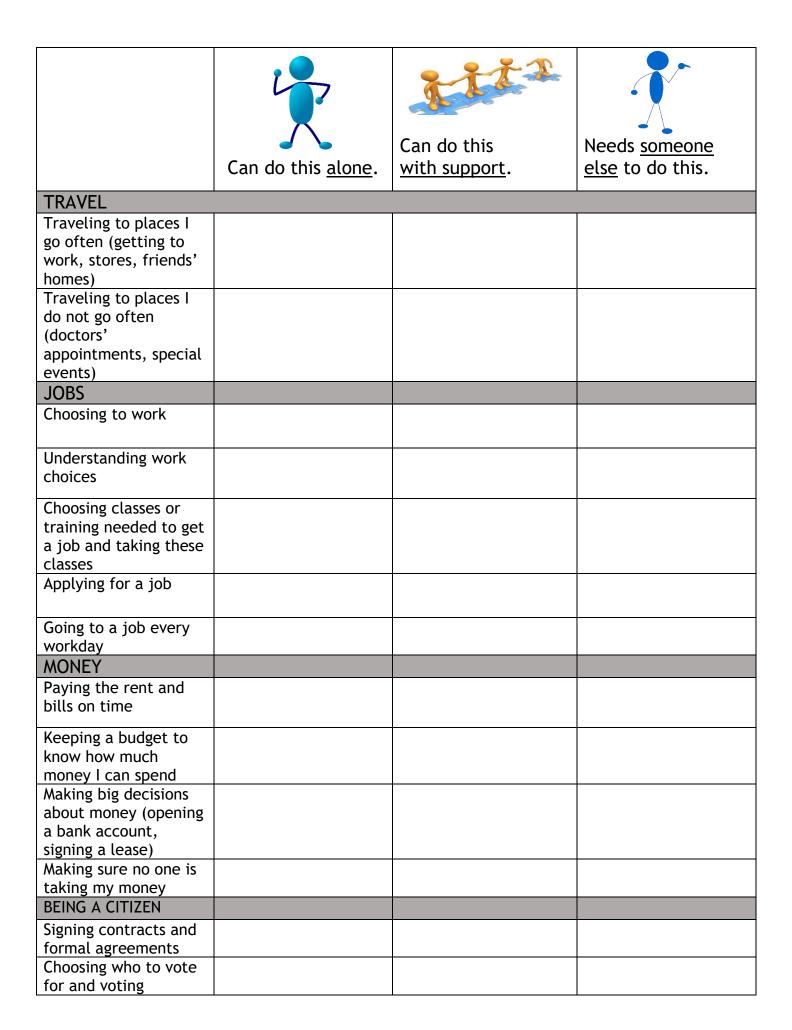
			,
		Can do this	Needs semeons
	Can do this <u>alone</u> .	Can do this with support.	Needs <u>someone</u> <u>else</u> to do this.
COMMUNICATION			
Telling people what I do and do not want			
Telling people how I make choices			
Making sure people understand what I am saying			
PERSONAL CARE			
Choosing what to wear			
Getting dressed			
Choosing what to eat and when to eat			
Taking care of personal hygiene			
Remembering to take medicine			
STAYING SAFE			
Making safe choices around the house (cooking with the			
stove, fire alarms) Understanding and			
getting help if I am being treated badly (abuse or neglect)			
Making choices about alcohol & drugs			





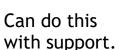


	Can do this <u>alone</u> .	with support.	Needs someone else to do this.		
HOME & FRIENDS					
Choosing where to live					
Choosing who to live with					
Choosing what to do and who to see in free time					
Keeping a home or room clean					
Finding support services and hiring and firing support staff					
HEALTH CHOICES					
Choosing when to go to the doctor or dentist					
Making medical choices in everyday situations (check-up, medicine from a drug store)					
Making medical choices in serious situations (surgery, big injury)					
Making medical choices in an emergency					
PARTNERS					
Choosing to date and who to date					
Making choices about sex					
Making choices about marriage					
Making choices about birth control and pregnancy					











	Can do this <u>alone</u> .	with support.	else to do this.		
OTHER (write any other choices or activities here)					