



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 alone, with support or if someone else 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 <u>alone</u> .	 Can do this <u>with support</u> .	 Needs <u>someone 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 alone.



Can do this 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 alone.



Can do this with support.



Needs someone else to do this.

TRAVEL

Traveling to places I go often (getting to work, stores, friends' homes)

Traveling to places I do not go often (doctors' appointments, special events)

JOBS

Choosing to work

Understanding work choices

Choosing classes or training needed to get a job and taking these classes

Applying for a job

Going to a job every workday

MONEY

Paying the rent and bills on time

Keeping a budget to know how much money I can spend

Making big decisions about money (opening a bank account, signing a lease)

Making sure no one is taking my money

BEING A CITIZEN

Signing contracts and formal agreements

Choosing who to vote for and voting

