

I have the right to make choices, throughout my day, I can choose many things including but not limited to ...

- What time I go to bed
- How I spend my day; my schedule
- If I participate in housework
- If I go to work
- Who is in my life

**CHOICE MAKING CORRELATES TO
REDUCED "PROBLEM" BEHAVIORS IN
CLINICAL STUDIES.**

(Cole, C. L., & Levinson, T. R. (2002). Effects of within-activity choices on the challenging behavior of children with severe developmental disabilities. *Journal of Positive Behavior Interventions*, 4, 29-37.)

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**I HAVE THE
RIGHT TO
MAKE
CHOICES**

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**IF I HAVE A GUARDIAN
OR LEGAL DECISION
MAKER** *(follow the arrow)*

Support and guidance may be offered, but ultimately the final decision is mine to make. My legal decision maker should provide formal assistance or support only when the decision is creating a significant health or safety concern.

**CHOICE MAKING HAS BEEN PROVEN TO CORRELATE
WITH HIGHER QUALITY OF LIFE OUTCOMES**

(Willis, D., Grace, P. J., & Roy, C. (2008). A central unifying focus for the discipline: Facilitating humanization, meaning, choice, quality of life, and healing in living and dying. *Advances in Nursing Science*, 31(1), 28-40.)

