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

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

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 correlates to reduced "problem" behaviors in clinical studies.


Choice making has been proven to correlate with higher quality of life outcomes.