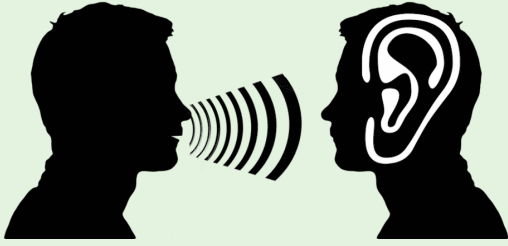


It is important when supporting a person to:



Use Active Listening



Keep an Open Mind



## Steps to Making Informed Choices

### Informed choice

is an ongoing process of exploration based on correct information, knowledge & real-life experiences.

### Evaluate

Check in to see that the person is happy with the decision. Did it work out as planned? Does the person want to change?

### Choose & Empower

The person makes the decision and the people around them support their decision.



### Explore Options

Use the info to think about the different options based on interest, skills, desire & availability.



### Gather Information

Be involved together to learn, seek knowledge, and get information.



### Understand What the Person Wants

Using the ability to share feelings to discover and connect with a person in order to truly understand them.



### Informed Choice

uses person centered conversations and activities to help the person make their own decisions.



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