It is important when supporting a person to:

- Use Active Listening
- Keep an Open Mind
- Understand What the Person Wants
- Use the ability to share feelings to discover and connect with a person in order to truly understand them.
- Gather Information
  - Be involved together to learn, seek knowledge, and get information.
- Explore Options
  - Use the info to think about the different options based on interest, skills, desire & availability.
- Choose & Empower
  - The person makes the decision and the people around them support their decision.
- 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?
- Informed Choice
  - Uses person centered conversations and activities to help the person make their own decisions.

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