

Tip Sheet: Offering Choice

Why offer choice:



Giving choice gives the individual the feeling of being in control or having power in their environment.

This feeling of control may be motivating to the individual and may increase how long they engage in a certain activity.

By offering a fixed choice, it gives you the ability to set boundaries, while also offering choice.

Helps determine activities/items that the individual prefers.

When to offer choice:



Choices are useful proactive strategies to use during known difficult activities (i.e. when doing cleaning, non-preferred outings).

However, you can give choices in almost any situation, some examples are:

Choosing materials during an activity

Choosing what activity will come next

Choosing what activity to do

Choosing where to sit for dinner

Choosing what ingredients or meals for dinner

How to Offer Choice:

Limit the options to 2-3 different activities/items.

Get the individual's attention before giving the choices.

Only give choices of activities/items that are available.

Make it visual for the individual:

Picture choice board

Written choice board

Showing the individual the physical items

