

Offering Choice

Every person is entitled to make choices in their lives, even when a certain task must be done, or an expectation must be met. Offering choice whenever possible can be an effective supportive strategy for persons with Autism Spectrum Disorder.



When do I offer choice?

Offer choice whenever it is possible. It does not matter how big or how small the choice is. For activities that need to occur daily, such as hygiene or dressing, provide choices for **how** it could happen (e.g., what kind of toothpaste will be used for brushing teeth)

Examples of choices:

- ☀ type of reward such as toy or food
- ☀ when events occur
- ☀ what to wear
- ☀ where to do activities
- ☀ order of activities in a routine

How do I provide choice?

Always present choices in a way the individual understands, see some options below. If the person struggles or becomes anxious when multiple options are presented, limit the options available.

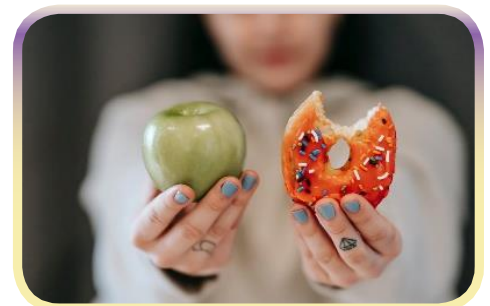
Allow the individual to communicate their decision in any way that is possible for them.



Tell or show the individual the choices are and ask "what do you want?"



Use a choice board as a visual representation of choices



Hold up two choices and ask "pick one"