

Offering Choice

Empowering Persons with Autism

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.

Why Provide Choice?

- ◆ to increase feelings of autonomy and control in situations where a person may not feel in control
- ◆ to promote participation in activities by involving the person in the planning
- ◆ to help prevent challenging behaviours triggered by lack of control over the environment
- ◆ to assist a person in communicating what they want

Examples of Choice

- ◆ type of reward (e.g., toy or food)
- ◆ when events occur
- ◆ order of activities in a routine
- ◆ what to wear
- ◆ where to do activities
- ◆ which skills to develop

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)

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 available choices and ask, "What do you want?"



Use a choice board as a visual representation of choices.



Hold up two choices and ask the individual to "Pick one".

For more information, contact Kerry's Place Autism Services:

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