

# Informed Choice

## Fact Sheet



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## Informed Choice

Informed choice allows individuals to choose from all available options based on accurate information, knowledge, and experience.



## Supporting Informed Choice

Typically, individuals with disabilities do not have the same opportunities to make choice as individuals without disabilities. Direct support professionals (DSPs) should support individuals to make informed choices. Informed choice is a skill that is built up over time, so individuals should have multiple opportunities to make informed choices.

### Principles of Choice

Everyone is capable of making choices

Having a disability does not limit a person's ability to make choices. Everyone can make choices and should have the opportunity, experience, and support to do so.

Choices are not unlimited

Choice does not mean a person can choose anything they want. People have to choose from available options and fully understand what the options are.

Choices have consequences

All choices have consequences, whether positive or negative. A person should understand the potential consequences of their choice.

All choices are not equal

Societal and cultural expectations influence choice; some choices may be viewed as more acceptable than others. A person should understand how other's may view their choice.



**Think:** In what areas of a person's life can a DSP support them to participate in informed choice?

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### A DSPs Role in Informed Choice

Many individuals with disabilities may need support when practicing informed choice. A DSP holds various roles as they support individuals to make informed choices. They include:

#### Champion and Team-Builder

- Help resolve differences
- Champion a person's preferences and right to take risks
- Explore and learn from a person's dreams

#### Problem-Solver

- Help a person weigh the potential risks and benefits of their decisions
- Talk about strategies to overcome challenges and obstacles
- Consider ways to address concerns as they emerge
- Don't be afraid to think outside of the box

#### Experience-Builder

- Encourage life experiences to help a person explore options and find out what they can do
- Think about formal and informal ways to gain experience
- Frame concerns about past failures as a learning experience

#### Connector

- Know where to find answers
- Introduce a person to online tools and other sources of information
  - Include community resources and supports that may not be disability specific

#### Engager

- Engage people in conversations about the benefits of community-integrated options
  - Offer education about the options

To learn more about informed choice, click [here](#) or follow the QR code below.

