



Facilitating Choice

Step One

Learn about the situation: what's important to/for the person about this?

Describe the situation/decision (i.e. returning to work during COVID outbreak). Why is this important to the person? What matters about doing this (i.e. friends at work, making money). Why is this important for the person? What risks are *others* concerned about?

What is the situation/choice:	
Important TO the person:	Important FOR the person (What risks do WE worry about?)
What else do we need to learn or know?	

Step Two

Options: Generate a list of different options/possible choices (No option is off the table).

For each of these options, brainstorm how the person can have what is important to them

Then list what works/Doesn't work about each of those options/possible choices

After you are finished with the list of choices – come up with 2 other options!

Option	What works (Pros)	What doesn't work (Cons / Risks)
What else do we need to learn or know?		

Step Three

Limiting Risks: how could we manage for the downsides or risks?

List the choices/options the person would like to explore further. List at least 3 options/possible choices. All choices have risks. What would be the safest way to do what's important to the person?

1. Option /Downside / Risk	Ways to limit risk (ex: mask, cues, learning, technology, etc.)



2. Option /Downside / Risk	Ways to limit risk (ex: mask, cues, learning, technology, etc.)
3. Option /Downside / Risk	Ways to limit risk (ex: mask, cues, learning, technology, etc.)

Step Four

Learning More

What else do we need (or want) to learn to make a good decision?

Who else do we want to talk to about this?

What supports might the person need from others? Are there additional Resources needed?

Step Five

Review & Decide!

After learning more, is there anything to add to #2 and #3 above?

After reviewing the choices and risks, what choice feels right to the person?

What additional supports does the person want from others?