

# Self-Reflection: Offering Choices

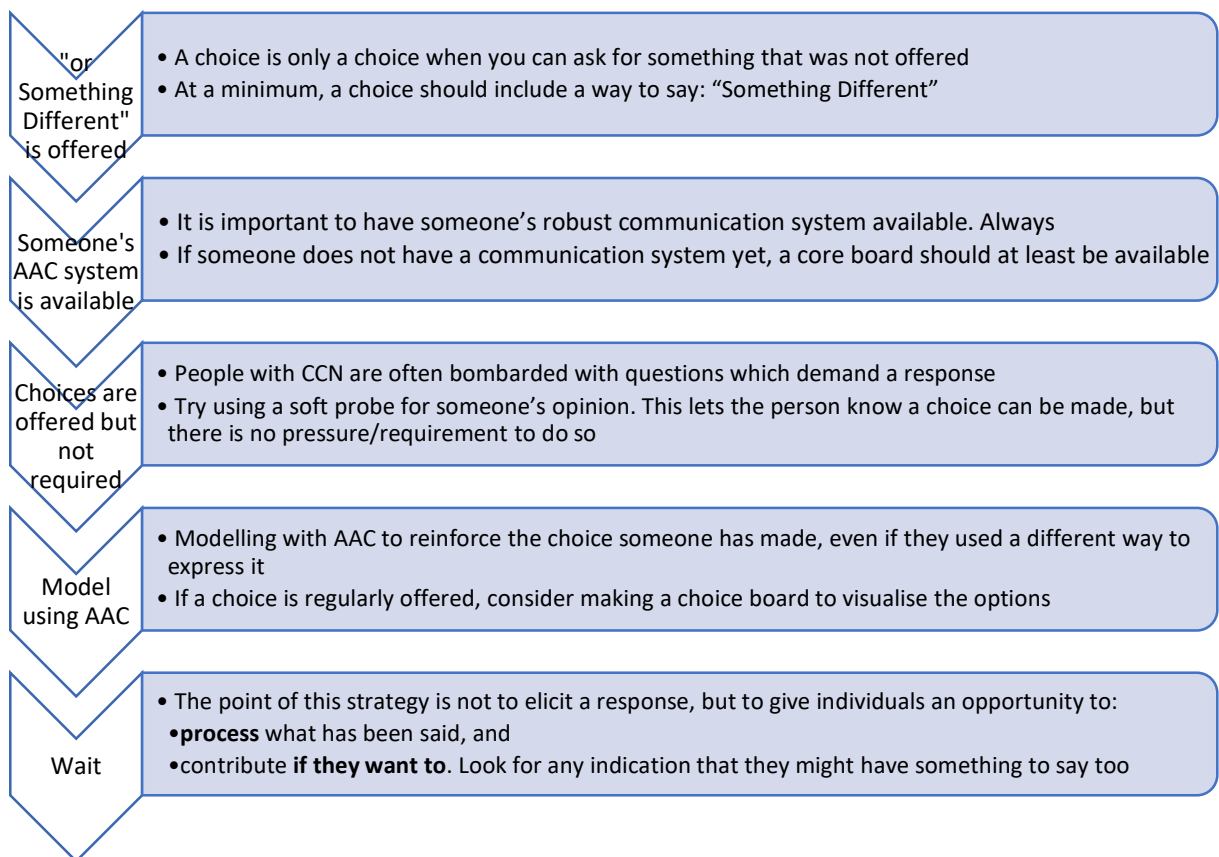
## Purpose:

This sheet is designed to establish a snapshot of the sub-skills that contribute to the overall skill of effectively offering choices to someone with a complex communication need (CCN). It can act to guide personal goal setting and development as a communication partner. Place a mark under the number which reflects current performance in each area.

The reflection can be revisited regularly as part of personal or professional development. Some people may demonstrate different areas of strength.

If you have their consent, videoing yourself during an interaction with an individual is a good way to evaluate how you are going with each of the elements.

## Key elements of offering choices:



**Get consent** before using an individual's aided communication system.  
**Respect** their right to refuse. **Do not assume** that a 'yes' yesterday is a 'yes' today



## Reflection Recording Sheet: Offering Choices

Person completing reflection \_\_\_\_\_ Role: \_\_\_\_\_  
 Date 1 (x): \_\_\_\_\_ Date 2 (o): \_\_\_\_\_ Date 3 (/): \_\_\_\_\_

Skill	Never		Sometimes		Half the time		Usually		Always	
	1	2	3	4	5	6	7	8	9	10
SOMETHING DIFFERENT is offered as an option										
Someone's AAC system is AVAILABLE when a choice is offered										
Choices are offered but NOT REQUIRED										
MODEL using an AAC strategy										
WAIT...quietly										

### Ideas on how to improve:

Something Different	AAC is available	Participation is optional	Model using AAC	Wait
<input type="checkbox"/> Look out for opportunities to reference an individual's behaviour <input type="checkbox"/> Reference more initiation attempts. They might: <ul style="list-style-type: none"> <li>- Look towards an object/person/activity</li> <li>- Change body positions</li> <li>- Attempt a sign, sound, word, or use aided communication</li> </ul>	<input type="checkbox"/> Regularly check AAC is in reach <input type="checkbox"/> Consider modifications to increase portability	<input type="checkbox"/> Start with statement words like: <ul style="list-style-type: none"> <li>- "I think"</li> <li>- "I wonder"</li> <li>- "Maybe"</li> </ul> <input type="checkbox"/> Ask: <ul style="list-style-type: none"> <li>- Was there any pressure to respond to what was just said?</li> </ul>	<input type="checkbox"/> Learn some key signs to use <input type="checkbox"/> Get another copy of a someone's aided system (or at least part of it) to model on <ul style="list-style-type: none"> <li>- Electronic or non-electronic</li> </ul> <input type="checkbox"/> Reinforce the choices someone has made	<input type="checkbox"/> Silently count <ul style="list-style-type: none"> <li>- (or another internal mantra that helps)</li> </ul> <input type="checkbox"/> Use a personal, physical cue to wait <ul style="list-style-type: none"> <li>- (clasping hands, take some deep breaths...)</li> </ul> <input type="checkbox"/> Use video to help know wait time provided