

# Exploration of Options

A Supported Decision Making Tool for People with Profound Intellectual Disabilities



**Date:**

**Name:**

## People filling out this form:

This document is for a 'circle of support' to work on together. Its purpose is to develop a picture of how a person prefers to spend his time and what the common elements are across these preferences.

As a team identify 10 activities/experiences that occur routinely in the person's day. Select a range of preferred, non-preferred and neutral activities/experiences and order them on a scale of 1-10 with the most preferred being 1 and the most non-preferred being 10.

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## Person/people filling out this form:

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## What is the decision \_\_\_\_\_ is facing?

E.g. The 'decision maker' is living at home with her aging mother. It is time for her to explore alternative places to live. The decision she is faced with is 'Where to live?'

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**What are all the options/choices?**

E.g. To live in a government run residential unit with 4 people who the 'decision maker' doesn't know. The unit is in a busy urban area very close to a tram line.

Consider the information gathered from the "Preferred Activity Analysis" regarding the person's preferences and the activities they are likely to enjoy. Obviously, try to avoid listing options that do not reflect the person's preferences.

**Option 1:** \_\_\_\_\_

**Option 2:** \_\_\_\_\_

**Option 3:** \_\_\_\_\_

**Option 4:** \_\_\_\_\_

**Option 5:** \_\_\_\_\_

**Who is supporting \_\_\_\_\_ to make this decision?**

**What are their relationships to \_\_\_\_\_ ?**

Support Person	Relationship

**What are the practicalities that may impact on the options available?**

*E.g. Lack of appropriate accommodation*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Exploration of each option/potential choice

Support \_\_\_\_\_ through a trial process of each potential choice. It may not be practical to fully trial each option, however, try to set up a scenario which best resembles the key elements of each choice.

*E.g.: If one of the options to be explored is for the person to live in an urban setting close to a tram line, support the person to spend time near a tram line. Watch/listen to their reactions as the trams go past. Consider videoing these reactions to share with the person's circle of support. This should be a collaborative process, particularly in relation to the interpretation of responses.*

Option/Scenario	Describe the person's responses to this option/ scenario. What sounds are they making? What facial expressions are they using? What is their body doing?	What does the person's circle of support believe he/she is communicating through these responses?