


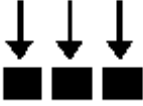



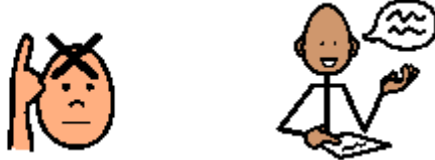
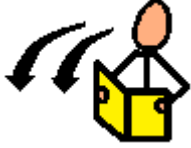

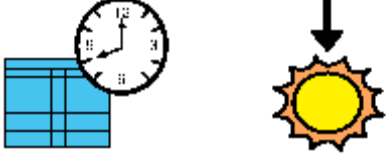

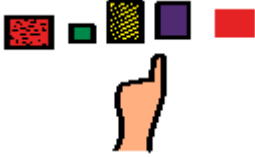
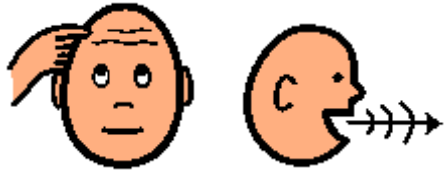
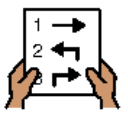



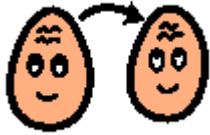
SELF DETERMINATION: EVERYWHERE AND ALL THE TIME

Barbara Sapharas bsapharas@aol.com

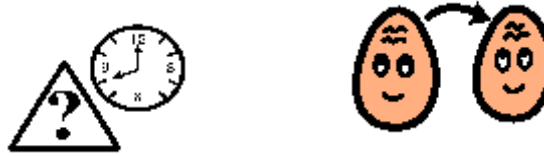
<p>Yes/No</p>	<p>Think about.....</p> 	<p>Strategies: Ask/Say</p> 
	<p>Do you have ALL the information?</p> 	<p>Please tell me all my options/choices. Is there more information I need to know?</p> 
	<p>Do you have the information in a way that you understand it?</p> 	<p>Can you please give me the information in a way that I understand? (written, symbols, large print, audio, DVD, web site, etc.)</p>  <p>Large Print</p>
	<p>Do you understand all the information?</p> 	<p>I don't understand. Please explain the information.</p> 

	<p>Do you have the information in a way that you can review it?</p> 	<p>Can I have a copy of the information so I can review it and study it?</p> 
	<p>Do you have time to make your decision without being rushed?</p> 	<p>I want to think about this. I will get back to you.</p> 
	<p>Does your decision remain the same over time (immediately and then after you think about it)?</p> 	<p>I want to think about this. I will get back to you. Take time and think it over. Wait until the next day to make your decision.</p> 
	<p>Are you able to make your decision without being influenced or directed? People should not be saying: you need to, you should, why don't you, it would be best if, and other things to direct you.</p> <p>DO THIS</p> 	<p>I want to talk this over with my family/friends. I will decide and let you know.</p> 

Do you know that you can change your mind?



Ask how you can let them know if you change your mind.



Once you make your decision, see how things work out, review if you still like your decision, if not, revise your decision.



I tried things this way and found out that I do not like this. I want to try something else.

