

## Choices

Offering choices is an easy way to move beyond simple yes/no communication, and to give the person you support some control within their life.

**Note:** a person does not need to be able to choose between two objects to be able to choose between two photos to be able to choose between two symbols. You can get started with symbols right away. People with Rett Syndrome are cognitively able and understand all of this - there is no need to spend hours taking photos or looking for objects of everything that could ever possibly be offered as a choice option.

### Offering choices

Initially, place two choices in front of them. Explain that these are the options to choose from. Some people might touch or grab the one they want, others might lean their body or face to the one they want, others may look at which they want. Whatever way they do it, make sure you explain to them what it is you are taking as their choice. E.g. "You're leaning forward to Charlie and Lola, so I'm taking that as your choice." If you are still unsure you can also use their best yes to confirm.

If there are no objects/symbols/photos to hand- don't worry! You can still give two choices- just use your two hands and say which option each of your hands represents. Choices can be incorporated into every situation. Offer choices for feelings, places to go, foods to eat, drinks or opinions for example.

**If my child/adult doesn't choose one of the options does it mean that they do not understand? Absolutely not!** Maybe they just don't like any of the options on offer. Imagine you have a child free evening to sit, put your feet up and watch the TV. You are given a choice between Peppa Pig or Thomas the Tank engine. There is a high likelihood you wouldn't choose to watch either of those things! Sometimes two choices simply isn't enough, but it is possible to offer more choices using Partner Assisted Scan and we'll come onto that next.



Written by Callie Ward & Abigail Davison-Hoult on behalf of Rett UK

Web: [www.rettuk.org](http://www.rettuk.org)

Tel: 01582 798911

[www.facebook.com/rettuk](https://www.facebook.com/rettuk)