

## What Is Individual Choice & Why Does It Matter?

**Individual choice** is the ability to have complete authority over one's own life. In the context of support coordination, this means being able to choose and receive the best services to support a successful adult life - starting with choosing your support coordinator.



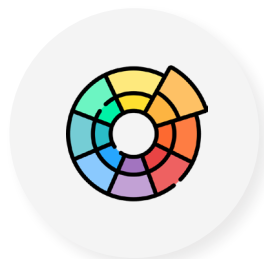
### Individual choice matters because it...



Contributes to a person's wellbeing and individual sense of identity



Cultivates a sense of belonging and independence



Validates a person's self-expression



Preserves dignity and self-determination

## Here's how you can best honor your loved one's choices



# INSPIRING INDIVIDUAL CHOICE & PROMOTING PERSONAL GROWTH

## 1 Understand your loved one's communication style

You know your loved one best. Your knowledge of how they communicate and express themselves will help you help them make the best choices.

## 2 Work closely with your family's support coordinator

The best support coordinators create meaningful relationships with the families they serve. To implement the resources and support systems that will help your loved one thrive, your support coordinator needs to know your loved one – their strengths, their interests and their preferences.

Your support coordinator should walk alongside you and your family to ensure that your loved one's Individual Support Plan is comprehensive, customized and clear. The goal is to ensure your loved one has access to any supports they need to remain healthy, safe, and grow as a valued member of their community.

## 3 Help your loved one identify the most beneficial services and resources

Your support coordinator can help you identify the available NJ DDD services and supports that best honor your loved one's choices. With the expert guidance of your support coordinator, you can advocate for your loved one's enrollment and participation in the services that they want.

Some of the services and supports the NJ DDD offers are:

- Assistive technology
- Behavioral supports
- Employment options
- Transportation
- Therapies
- Day programming
- Employment options
- Classes

## About Skylands Family Support

Skylands is a trusted and proven support coordination agency in New Jersey. Our support coordinators form lifelong bonds with the families they serve and are dedicated to helping individuals with special needs choose and access the best services to thrive in the adult world.

