

# Choices



## ***F561 Self-Determination***

**The resident has a right to make choices about aspects of his or her life in the facility that are significant to the resident.**

### **How to engage the residents at a Resident Council**

#### **Meeting:**

- ⇒ Having choices gives you a sense of having control over your life, which is really important. When you don't have choice it may feel restrictive. Having the freedom to choose is empowering.
- ⇒ What kind of choices do you get to make on a daily basis? (meals, schedules, activities) Do you feel like you have a lot of choices?
- ⇒ Does the staff encourage you to make choices and ask what you want?
- ⇒ What does it feel like when you don't have choices?
  - It's ok to say to a staff member, "I would like to choose" or "What are my choices?"
- ⇒ Talk with staff or an ombudsman to make sure your choices are known and added to your care plan.

#### **Choices Explained**

Residents have the right to choose their schedules, consistent with their interests, assessments, and care plans. This includes choices about the schedules that are important to the resident, such as waking, eating, bathing, and going to bed at night. Choices about schedules and ensuring that residents are able to get enough sleep is an important contributor to overall health and well-being. Residents also have the right to choose health care schedules consistent with their interests and preferences, and information should be gathered to proactively assist residents with the fulfillment of their choices. Homes must not develop a schedule for care, such as waking or bathing schedules, for staff convenience and without the input from the residents.

#### **Example of Choices**

- **If attending at family gatherings or community events is important to a resident, the resident's goals of attending these events should be accommodated, to the extent possible.**
- **If a resident mentions that his or her therapy is scheduled at the time of a favorite television program, the resident's preference should be accommodated, to the extent possible.**