

Positive Behavior Support Good Enough for Me (GEM)

There are times that we often act or make a decision before taking the time to think about the potential outcomes of our actions. Sometimes situations require us to make a quick decision before we can have time to think about the potential outcome of our actions. Yet, there is always time to stop and ask, *“Is it good enough for me?”*

As you work with members, reflect on the GEM concept and ask yourself, would it be Good Enough for Me or my loved ones:

- to be told to clean my house, without saying please and thank you?
- to go out to the mall with stained clothes and messy hair?
- to wait for a long period of time until someone finally has time for you?
- for someone else decide what we will be watching on TV?
- for someone be able to enter your room, apartment, or home without notice?
- to not be registered to vote?
- to live in this home or apartment? What would it take for you to live here?
- to have someone else decide where the furniture is placed in the living room?
- for other people to determine what my needs and goals are going to be for the next year?

The GEM concept can be easily incorporated in your day to day interactions with a few simple steps.

- Engage in age appropriate communication.
- Use people first language. Don't describe a person by their disability.
- Support members by participating in their daily living activities and care.
- Let members know you are going to do something before you do it (e.g, moving a wheelchair, assisting with personal care needs).
- Ask, rather than tell.
- Promote personal choices and ideas.
- Ask members for input during meal planning and preparation.
- Encourage personal choices for things such as; decorating a home/room, clothing, employment, friends, and community activities.