

Positive Behavior Support
Training Topic
Good Enough for Me

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. BUT... there is always time to stop and ask, *is it Good Enough for Me?....GEM*

So ask yourself, would it be Good Enough for Me or a loved one....

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....and wait....and wait...until someone finally has time for you

Having someone else decide what we will be watching on our TV

Having someone be able to enter your room, apartment, home without any notice

To not be registered to vote

Would you want to live here? What would it take for you to live here?

To have someone else decide where the furniture is placed in my living room

Having other people determine what my needs and goals are going to be for the next year.

Ways to use GEM:

- Engage in age appropriate communication

- Use people first language – don't describe a person by their disability

- Support them in participating in their daily living activities and care

- Let them know you are going to do something before you do it (for example: moving a wheelchair, assisting with personal care needs)

- Ask, rather than tell

- Promote personal choices and ideas

- Have the people we support give input on the menu

Encourage personal choices, not yours

Decorating their home

Clothing

Work

Friends

Activities