

Agenda

Independent Living Group: Choices 10/02/19

Objective: The power of choice and strategies for making good choices.

Icebreaker: What is your favorite dessert?

Activity: Each patient will be given the choice between a package wrapped in yellow paper and white paper. The yellow paper contains chocolate, and the white paper contains dry kidney beans.

Evaluation: Pre-evaluation for the group will be distributed.

Education: Strategies for making good choices will be discussed by explaining “SMART Choices” handout.

Application: Patients will apply the SMART acronym by choosing a place to go on vacation. Each will move to one side of the room or the other and discuss.

Feedback: Patients will be given an opportunity to give feedback on the group.

Making SMART Choices

Whenever we have a decision to make, we need to think before we act if we want to make a SMART decision. But how do we go about doing this? In this model, each letter in the word “SMART” stands for one step toward making smart decisions.

S – SLOW DOWN

You have the right to take as much time as you need to make a good decision that is right for you.

M – MAKE A LIST OF YOUR OPTIONS

Looking at every possible choice will help you know that you’ve really thought everything through.

A – ANALYZE YOUR CHOICES

Be honest with yourself and think about the pros and cons of each option. Make sure to weigh your options because not all will have equal value.

R – REACH A DECISION

Pick the best choice and consider what will help you STICK to your decision.

T – THINK AND EVALUATE

Depending on the choice you make, you may need to check in from time to time and see how things are going.