

Anna's decision-making profile

How I like to get information	How to present choices to me	How you can help me to understand	The best times for me to make a decision	When it's not a good time for me to make a decision
<p>In small amounts. I can read but can't take in the information very well</p> <p>Spoken to me is best and picture books with examples can help</p> <p>I like information to be factual and not emotional</p>	<p>Tell me that I need to make a choice and give each option a number (or pretend one hand means one option and the other hand another) and then I can point to my choice</p>	<p>Use a book with pictures describing the choice or relate the choice to TV shows I like</p> <p>Help me by giving me facts. Don't use emotional reasons or other people as reasons because I don't relate myself to others very well</p>	<p>Early in the day – after breakfast and my medication</p> <p>When I say "I'm all cheered up today"</p> <p>When I have just shown you something new I've bought</p> <p>When I'm out after church and I'm shopping</p> <p>Over lunch at the restaurant</p>	<p>From 4.00pm onwards – I get very tired</p> <p>Before mealtimes – I get very hungry and it affects my concentration</p> <p>When I am biting my fingers or punching my stomach</p> <p>When I am repeating: "I don't care!"</p> <p>Before I've had my medication</p>