

I GET TO CHOOSE!

Understanding Informed Choice

WHAT IS INFORMED CHOICE?

Informed choice means **you get to make your own decisions**—especially about your **future job and goals**. It means:



- You have the **information** you need
- You really **understand** your choices
- No one is **telling you what to choose**
- You have the **right to say yes or no**

WHAT SHOULD I THINK ABOUT BEFORE MAKING A CHOICE?

Ask yourself:



1. What do I like or enjoy?
2. Why are those things important to me?
3. How can I learn more about jobs?
4. What do I already know about working?
5. Do I have any worries or questions?

HOW WILL DARS HELP ME?

Your VR counselor at DARS will:



- Help you figure out what you want to do and explore job options
- Give you the help you need but not decide for you
- Make sure you understand all of your choices
- Let you lead the way

REMEMBER:

- Your voice matters
- You can say yes or no
- You can ask questions
- You get to decide—with help when you need it!



www.peatc.org



The content of this factsheet was developed under a grant from the US Department of Education, #H235F250002 and a contract from the Department of Aging and Rehabilitative Services, #CTR011361. However, its content does not represent the policy of the US Department of Education, and you should not assume that it is endorsed by the Federal Government. PEATC is not a legal services agency and cannot provide legal advice or representation. Any information contained in this information sheet is not intended as legal advice and should not be used as a substitution for legal advice.



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

www.darsvirginia.gov