



Policy Ensuring Individual Choice and Initiative (Policy EIC)

1. Policy Supporting Individual Initiative, Autonomy, and Independence

- a) **Purpose:** CAI will ensure clients can develop and express their independence in all areas of their time at this program, including in the areas of decision-making, problem-solving, and personal goal setting.
 - b) **Implementation:**
 - i. Provide resources and opportunities for individuals to practice self-advocacy.
 - ii. Train staff to encourage independence and respect individual preferences.
 - iii. Adapt environments and programs to reduce barriers to independent participation.
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2. Policy on Individual Initiative Beyond the Physical Environment

- a) **Purpose:** CAI extends the promotion of autonomy to non-physical aspects of life, such as relationships, education, and personal growth.
 - b) **Implementation:**
 - i. Facilitate activities and opportunities for personal exploration (e.g., creative outlets, community engagement).
 - ii. Support emotional and psychological autonomy through counseling and mentorship.
 - iii. Foster a culture of respect for individual preferences and cultural identity.
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3. Policy on Individual Choice, Sex Education, and Internet Usage

- a) **Purpose:** CAI strives to promote informed decision-making regarding relationships, sexual health, and safe internet usage, while respecting individual rights and privacy.
 - b) **Implementation:**
 - i. Provide client and/or family access to comprehensive sex education training or content, tailored to an individual's needs and abilities.
 - ii. Offer training on safe internet practices, including privacy, digital literacy, and recognizing online risks.
 - iii. Respect personal choices while implementing safeguards to protect vulnerable individuals from harm.
 - iv. Ensure parents, guardians, or support teams are included when appropriate, while prioritizing the individual's autonomy.
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4. Policy on Informed Choice for Services and Supports

- a) **Purpose:** CAI ensures clients fully understand and consent to the services and supports they receive.
 - b) **Implementation:**
 - i. Provide clear, accessible information about available services and their implications.
 - ii. Use plain language, visual aids, or interpreters to ensure comprehension.
 - iii. Conduct periodic reviews of services to confirm they align with the individual's evolving preferences and needs.
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5. Policy on Freedom and Support for Schedules, Meals, and Activities

- a) **Purpose:** CAI supports individuals in managing their own schedules and engaging in meaningful, self-directed activities.
 - b) **Implementation:**
 - i. Encourage flexible scheduling based on individual preferences.
 - ii. Offer a wide range of activities that align with personal interests and goals.
 - iii. Respect and accommodate individual choices regarding participation in day program activities or external commitments.
 - iv. Provide transportation and assistance as needed to facilitate participation.
 - v. Clients provide their own lunches, and a variety of snacks will be available, allowing clients to choose their own food.
 - vi. Clients may choose between two lunch times and may select a snack anytime.
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