Step-1

We have to explain that why A, and -A have the same reduced echelon form R.

If we multiply all rows of A with $\hat{a}\in$ "1 then we have $\hat{a}\in$ "A.

And if we multiply all rows of $\hat{a}\in A$ with $\hat{a}\in A$ then we have A.

Step-2

Therefore by elementary row operation (not interchanging the rows) convert A to $\hat{a} \in A$ and A to A.

Therefore the reduced echelon form for A and $\hat{a} \in A$ is R.