

# THE INDEPENDENCE PLAN

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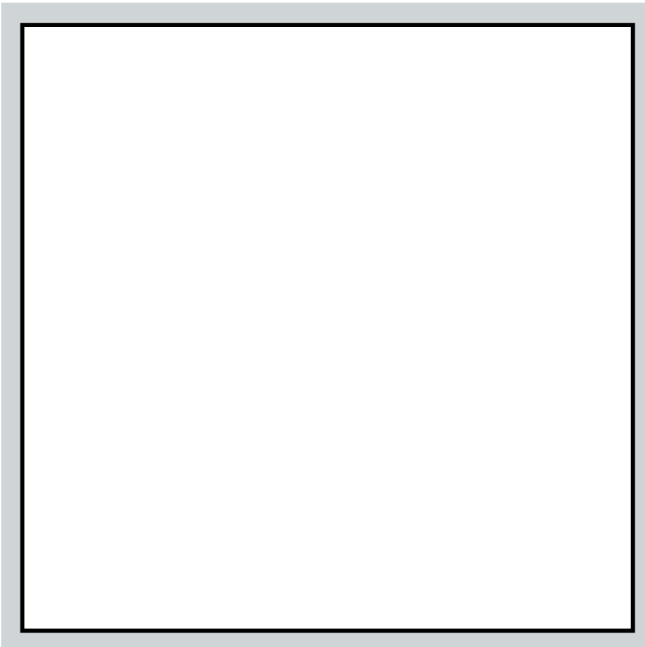
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## PURPOSE

The Independence Plan is designed for parents who want to teach life skills and foster their child's independence. This plan provides structured strategies for developing self-care skills, daily routines, and community safety awareness. Parents will learn how to break down complex tasks, support skill-building with reinforcement, and encourage independence in everyday activities.

## SPECIFIC NEEDS FOR THIS FAMILY:

(Use the space below to document the unique characteristics or challenges of the family you are working with.)



## FAMILY PROFILE

Typical Characteristics of Families Who Need This Plan:

- ☐ Parents want to help their child develop daily living skills but are unsure where to start.
- ☐ Child struggles with tasks like dressing, hygiene, meal preparation, or community navigation.
- ☐ Parents need strategies to increase independence while ensuring safety.
- ☐ Parents are looking for ways to reinforce skill-building and track progress over time.
- ☐ Family wants to encourage their child to take on more responsibilities at home and in the community.

# GOAL SETTING

## RECOMMENDED AND EXAMPLE GOALS

### Select or Customize Goals

Choose from the recommended goals below or write your own to align with the family's specific needs.

#### Developing Daily Living Skills

- ☐ Parent will support their child in completing one self-care task (e.g., dressing, brushing teeth) independently each day.
- ☐ Parent will use task analysis to break down a daily living skill and help their child complete each step with decreasing support over two weeks.

#### Fostering Play and Leisure Skills

- ☐ Parent will encourage their child to engage in at least one structured or independent leisure activity for 10 minutes per day.
- ☐ Parent will introduce and support participation in a new community-based activity (e.g., library visit, playgroup, sports, or recreation program).

#### Encouraging Independence in Household Responsibilities

- ☐ Parent will introduce one household task and reinforce their child's effort to complete it independently.
- ☐ Parent will create a structured routine for their child to complete one independent task per day and track progress over four weeks.

#### Building Community and Safety Awareness

- ☐ Parent will teach their child one community safety skill (e.g., staying with a caregiver, recognizing safe places) and practice it in real-life settings.
- ☐ Parent will model and reinforce appropriate behaviors for navigating public spaces, such as waiting in line, crossing the street, or asking for help.

**Customized Goals for This Family:** (Write additional or revised goals specific to the family.)

# RECOMMENDED LESSONS

Below is the recommended sequence of lessons for a family who fits this profile. As they gain skills and confidence, you can add new lessons or move to a different plan.

## **1. Using Task Analysis to Teach Skills**

Teaching life skills requires breaking them down into small, manageable steps. This lesson helps parents identify and sequence skill steps, provide support at the right level, and gradually fade assistance to promote independence.

## **2. Teaching Community and Life Skills**

Navigating the community safely and confidently is essential for fostering independence. This lesson teaches parents how to introduce real-world experiences like following safety rules, using public spaces, and developing everyday skills for greater autonomy.

## **3. Play and Leisure Skills**

Independent play and recreational activities are critical for self-sufficiency and well-being. This lesson provides parents with strategies to teach structured and unstructured play, promote engagement, and encourage participation in leisure activities.

## **4. Setting Effective Goals**

Learning new skills requires clear, achievable goals. This lesson teaches parents how to set realistic expectations, track progress, and adjust their teaching approach to support their child's growth in independence.

## **5. Sustainable Parenting**

Teaching independence can feel overwhelming, and parents need strategies to create long-term habits without burnout. This lesson helps parents develop routines, stay consistent, and reinforce independence without adding unnecessary stress.

## **6. Troubleshooting ABA Strategies**

When teaching independence, challenges and setbacks are inevitable. This lesson helps parents identify obstacles, adjust their approach, and refine teaching methods to ensure steady progress.

# RECOMMENDED LESSONS

## 7. Transition Planning

As children gain independence, planning for transitions becomes essential. This lesson helps parents prepare their child for new responsibilities, changing routines, and greater autonomy in different stages of life.

**Additional Lessons to Include (if applicable):** (Add or adjust lessons to match family needs.)

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# Engagement Tips

## Embed Skill-Building into Daily Routines

Encourage parents to incorporate independence-building tasks into their child's everyday activities rather than setting aside formal "training" time. Simple tasks like putting away groceries, setting the table, or picking out clothes help children develop independence naturally.

## Reinforce Effort, Not Just Success

Learning new life skills takes time, and children may struggle before mastering a task. Parents should reinforce their child's effort and progress, not just the final outcome, to build confidence and motivation to try new skills.

## Allow Choices to Increase Engagement

Children are more likely to participate in independent tasks when they have some level of control. Encourage parents to offer choices (e.g., "Do you want to brush your teeth first or pick out your clothes?") to increase engagement and reduce resistance.

## Break Down Skills to Prevent Frustration

Some children may feel overwhelmed when learning a new skill. Parents should start small, focusing on one step at a time, and gradually add more responsibility as their child gains confidence. Using task analysis ensures learning remains manageable.

## Generalize Skills Across Different Settings

A child's ability to perform a skill at home doesn't always mean they'll use it in the community. Encourage parents to practice life skills in multiple environments (e.g., ordering food at a restaurant, paying for an item at a store, or following safety rules at the park) to ensure true independence.

**Family-Specific Engagement Notes:** (Write strategies for engaging this family, considering their strengths and concerns.)



# COMMON OBJECTIONS AND SOLUTIONS

**Step 1: Identify Objections** (Check or write in objections that apply to the family.)

<input type="checkbox"/> "It's faster if I just do it."	<input type="checkbox"/> _____
<input type="checkbox"/> "They'll learn it eventually."	<input type="checkbox"/> _____
<input type="checkbox"/> "They get frustrated too easily."	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

### Step 2: Write Solutions (Document strategies to address the identified objections.)

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# PROGRESS TRACKER

**Parent Goals:** (Outline specific goals for parents based on the lessons and their needs.)

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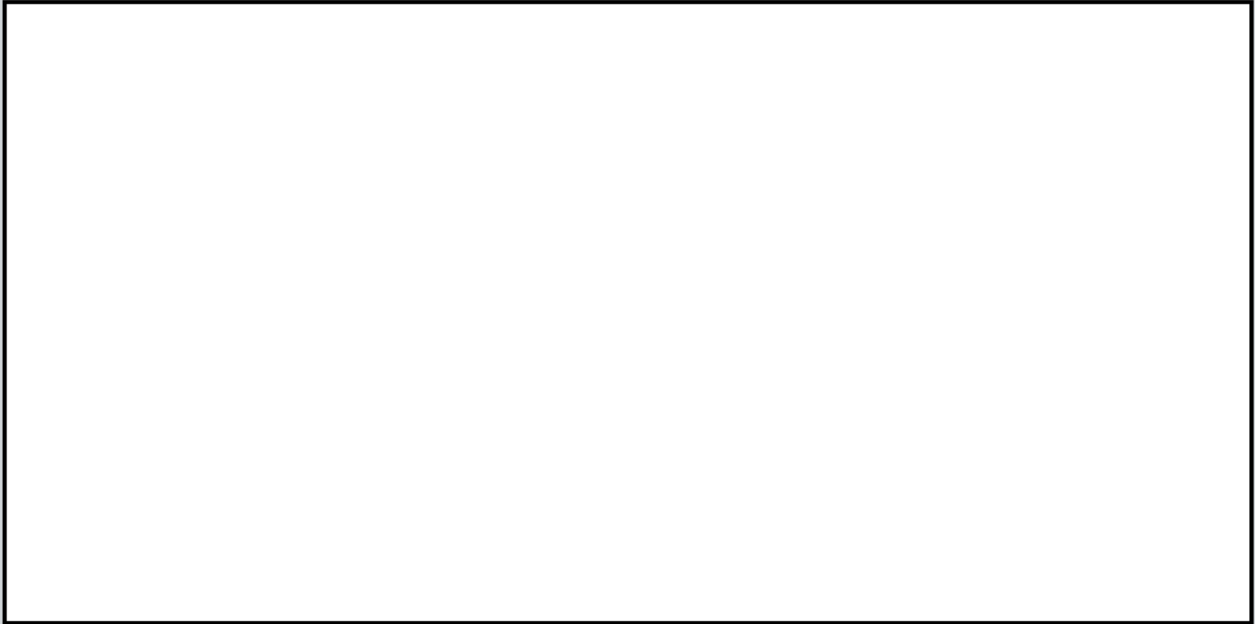
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**Weekly Progress Notes:**(Record observations and data to track parent engagement and skill implementation.)

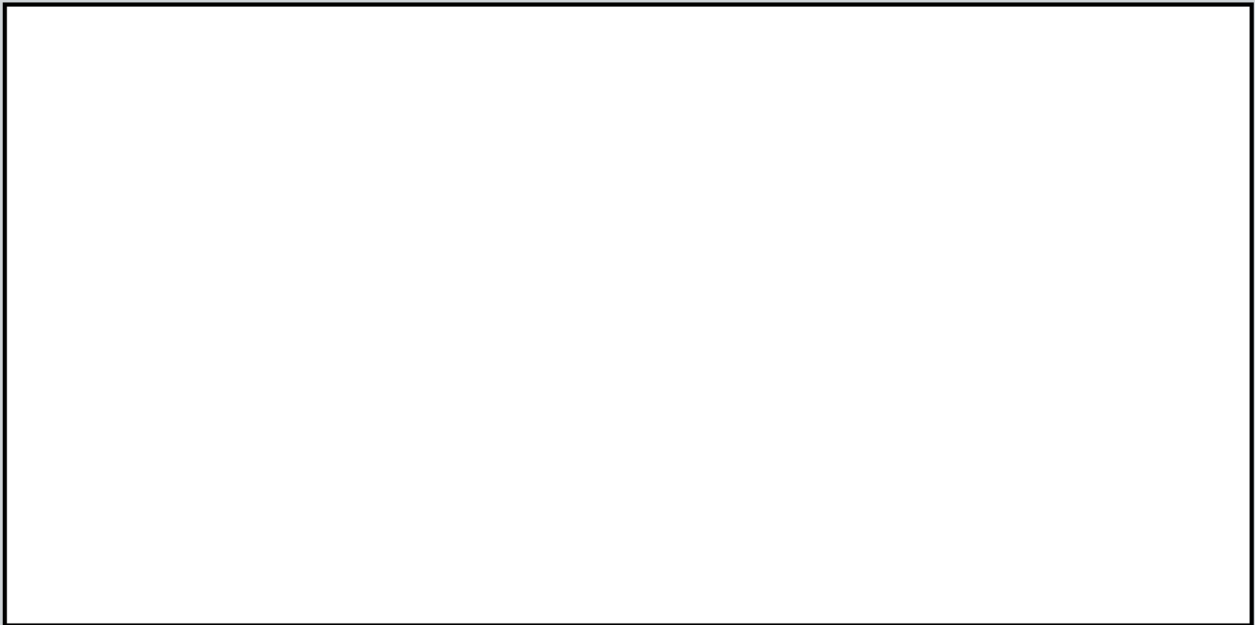
Week	Parent Goal	Progress	Notes
Week 1			
Week 2			
Week 3			

# Reflection Log

What went well this week?

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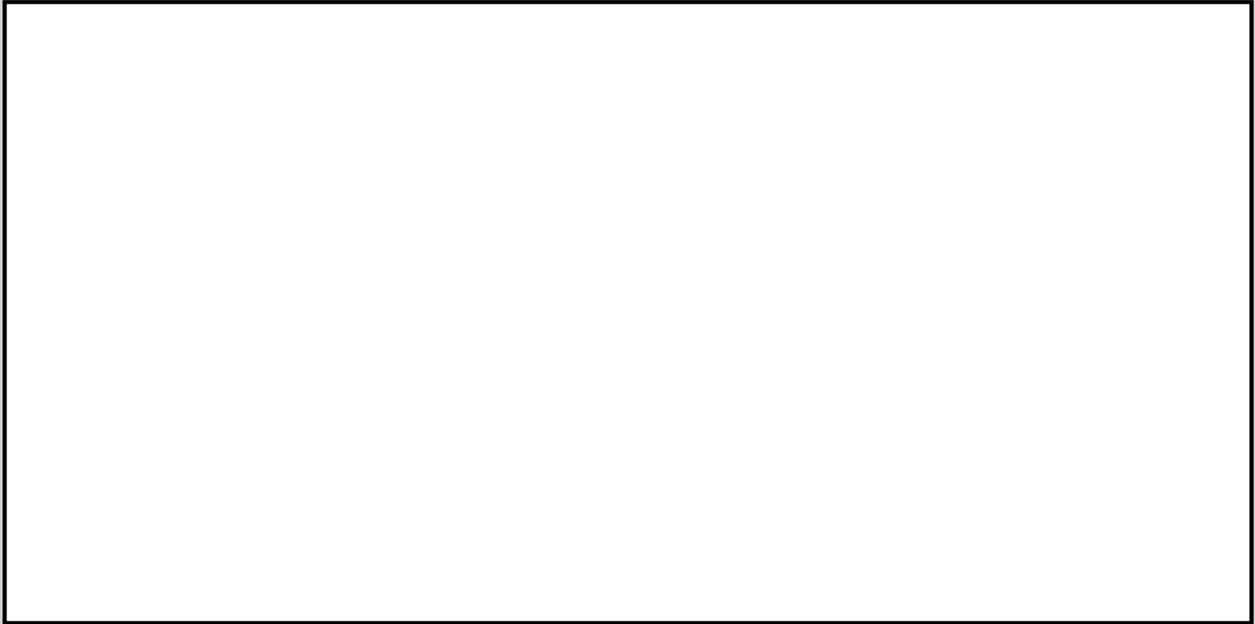
What challenges did you face?

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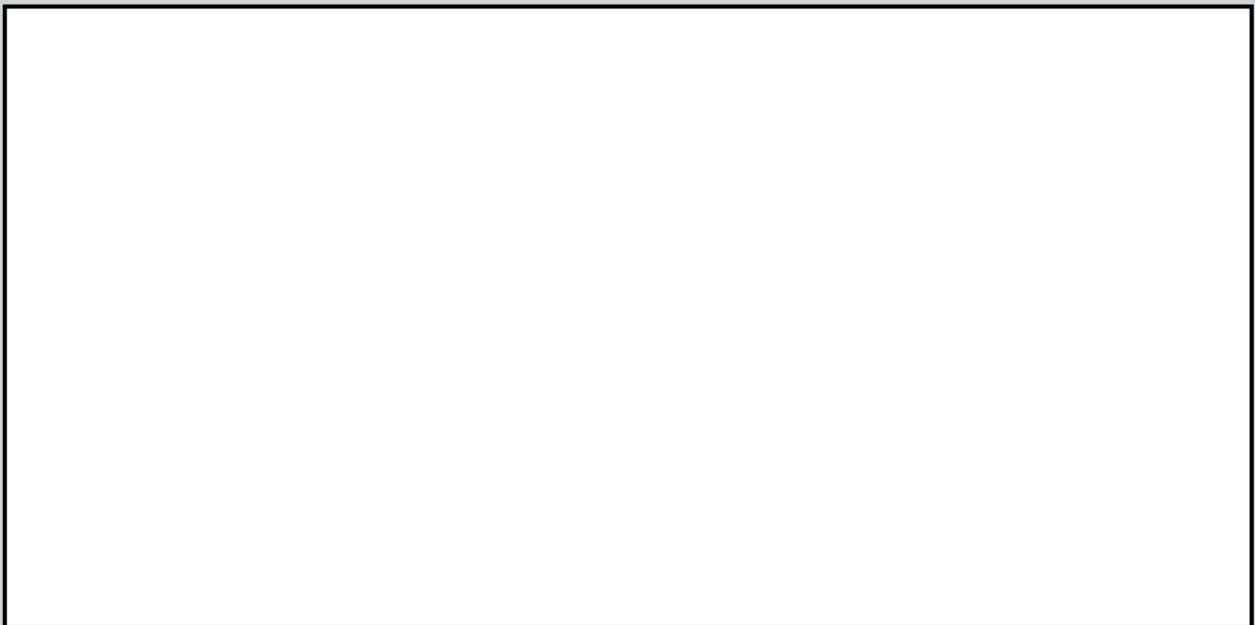


# Reflection Log

What adjustments need to be made?

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Additional Notes

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