



# Promoting Independence and Self- Reliance

PARENT TRAINING



# Different Types of Independence

- **Personal Independence:** The ability to make decisions, take action and manage life tasks on our own.
- **Social Independence:** The ability to interact, communicate, and form relationships without relying on others for emotional or social validation
- **Academic Independence:** The skill to learn, problem-solve, and accomplish tasks without constant support or guidance



# How to Teach Independence

- **Visual Supports:** Use of visual schedules, social stories, choice boards, and pictures to help make abstract concepts concrete and reduce anxiety around transitions or expectations
- **Repetition and Structure:** Repeated practice and structured routines to help build consistency and confidence in tasks
- **Sensory Regulation:** Recognising sensory sensitivities and providing supports to help manage sensory input
- **Small, Achievable Steps:** Breaking down tasks into manageable chunks to prevent overwhelm and offering positive reinforcement for effort and achievement
- **Personalized Support:** Tailoring approaches based on individual preferences, strengths, and needs.

# Backwards Chaining

---

## BACKWARD CHAINING



- ➊ Break down task into smaller steps.
- ➋ Complete all steps for child.  
(except last step)
- ➌ Practice last step to mastery.
- ➍ Complete all steps for child.  
(except last 2 steps)
- ➎ Practice second to last step.
- ➏ Repeat until they can do all steps.



# Independence at Home

- Personal care - washing, dressing, showering, brushing teeth, etc...
- Transition to and from school - coat, bag, shoes, personal belongings
- Toileting
- Cooking and eating



# Supporting Independence at Home

- Schedules - list of instructions, now and next, etc...
- Modelling - hand over hand or modelling side by side (adult does the same action as the child)
- Backwards chaining - provide support until the final stage then removing the support gradually
- Processing time
- Allow time to practice
- Patience!