

Full Help → Some Help → Supervision/Reminder → Independent

Current Independence Snapshot

Activity	Full Help	Some Help	Supervision / Reminder	Independent

Bathing & Showering

What can the person currently do?

What do I help with?

What do they WANT help with?

What would they prefer to do themselves?

Professional recommendations or questions

Dressing & Grooming

What can the person currently do?

What do I help with?

What do they WANT help with?

What would they prefer to do themselves?

Professional recommendations or questions

Toileting

What can the person currently do?

What do I help with?

What do they WANT help with?

What would they prefer to do themselves?

Professional recommendations or questions

Eating

What can the person currently do?

What do I help with?

What do they WANT help with?

What would they prefer to do themselves?

Professional recommendations or questions

Walking, Mobility & Transfers

What can the person currently do?

What do I help with?

What do they WANT help with?

What would they prefer to do themselves?

Professional recommendations or questions

Communication

What can the person currently do?

What do I help with?

What do they WANT help with?

What would they prefer to do themselves?

Professional recommendations or questions

Medications & Independence

What the person currently handles

What I currently handle

Where reminders or supervision are used

Could pharmacy pre-packaging make this responsibility easier?

What should we ask the pharmacist or healthcare team?

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Ask Before You Help

Would you like some help?

Would you like to try first?

Which part would you like help with?

Would you like me to wait?

Am I helping too much?

When Helping Too Much Comes From Caring

What makes me step in - safety, concern, time pressure, fatigue, habit?

Is this help still necessary?

Could I allow more time?

What should I ask a professional?

The Difference Between “Can't” and “Takes Longer”

Taking longer doesn't always mean being unable.

What takes longer?

Do I step in because we're rushing?

Could the routine allow more time?

Something worth trying

What Does Independence Mean to the Person?

What would you most like to be able to do for yourself?

Why does it matter?

What help do you want?

What help do you NOT want?

Should we discuss it with the rehabilitation team?

Something I Want to Do Again

I would like to be able to...

Why it matters

What I can currently do

The help I prefer

One small next step

Professional to ask

Independence Progress Tracker

Activity	More Help	Same	Less Help	Independent

A Small Change Can Be a Big Milestone

Date / what happened

What could the person do?

How much help?

How did they feel?

Why did it matter?

When the Person and Caregiver Disagree

What do we disagree about?

The person's perspective

The caregiver's perspective

Is safety involved?

Could a professional help?

What did we agree to do?

☐ Making choices	☐ Deciding how to spend time
☐ Expressing preferences	☐ Relationships
☐ Participating in conversations	☐ Healthcare decisions
☐ Privacy	☐ Opportunities to try

Our Independence Conversation

Do you feel like I help too much with anything?

Do you need more help with anything?

What would you like more time to try yourself?

Is there something I do that frustrates you?

What would you like me to do differently?

Reassessing My Caregiving Role

I used to provide full help with...

Now I provide less help with...

Something now done independently...

Something I may still do from habit...

Something I won't change until receiving professional guidance...

Independence & Daily Living Reflection

Where has independence increased?

Where is full assistance still necessary?

Where might I be helping more than necessary?

Where does the person WANT more help?

What needs professional guidance?

One accomplishment to celebrate
