

REFRAMING INDEPENDENCE

DEVELOPING INTERDEPENDENCE

What is Interdependence?

Interdependence means we all need help sometimes, and it's okay to ask for it. Everyone uses support from others, tools, or routines to get through the day, like using a calendar to remember appointments or asking a friend for help. It isn't about being less capable; it's about using all the resources around you to make life easier. When we work together, we can do more and feel more confident.

Why it Matters:

- No one can do everything alone.
- Asking for help shows you know what you need.
- Support can make things less stressful and easier to manage.
- It helps you build good relationships and trust with others.

Practical Ways to Build Interdependence

USE VISUAL SUPPORTS

- Try daily schedules to guide routines
- Step-by-step lists with pictures or simple words.

REMINDERS & TASK STEPS

- Divide big tasks into smaller parts
- Use checklists & reminders (alarms, calendars, or apps)
- Divide big tasks (paying bills or shopping) into small steps.

TEAMWORK & SUPPORT

- Share household tasks with others. Use a chart to clarify who does what.
- When you need help, reach out to a trusted friend, family member, or professional.

STAY CONNECTED

- Build and maintain a support network.
- Identify people you trust and can turn to for help. Make "Support Circle" or "Tree of Trusted People" to map out your support network.
- Schedule regular check-ins to review what's working and adjust plans as needed.

CELEBRATE PROGRESS

- Recognize small wins and use simple rewards (like a favorite activity) to stay motivated.

CIRCLE OF SUPPORT

Who do you rely on for support?

PEOPLE WHO HELP ME EVERY DAY (THESE PEOPLE HELP WITH DAILY TASKS AND ROUTINES)

Name: _____

Name: _____

What they help with: _____

What they help with: _____

How to reach them: _____

How to reach them: _____

PEOPLE WHO HELP WHEN THINGS ARE HARD (THESE PEOPLE HELP WHEN I'M UPSET, CONFUSED, OR NEED EMOTIONAL SUPPORT)

Name: _____

Name: _____

When to call them: _____

What they help with: _____

How to reach them: _____

How to reach them: _____

PEOPLE WHO HELP WITH MONEY AND IMPORTANT PAPERS (THESE PEOPLE HELP ME BILLS, PAPERWORK, APPOINTMENTS)

Name: _____

Name: _____

What they help with: _____

What they help with: _____

How to reach them: _____

How to reach them: _____

PEOPLE WHO HELP WITH MY HEALTH (DOCTORS, THERAPISTS, COUNSELORS)

Name: _____

Name: _____

What they do: _____

What they do _____

How to reach them: _____

How to reach them: _____

PEOPLE WHO ARE JUST FOR FUN (ENJOY SPENDING TIME WITH THESE PEOPLE)

Name: _____

Name: _____

What we like to do together: _____

What we like to do together: _____

SAFE PEOPLE TO TALK TO (PEOPLE WHO UNDERSTAND ME AND ARE PATIENT WITH ME)

Name: _____

Name: _____

How to reach them: _____

How to reach them: _____

EMERGENCY CONTACT (CALL THIS PERSON FIRST IF SOMETHING IS REALLY WRONG)

Name: _____

Phone: _____

Remember

Everyone needs help—asking for help is okay! It's okay to need different people for different things. You can show someone this list if you need support