

# 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.