

Independence Across Settings Tracker

Purpose: Identify skills that are successful in settings and where generalization break down.

Skill: _____

Skill	Home	School	Community	With Familiar people	With New People
Indepentent: No Support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Independent with visual Supports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visual and Verbal Combined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Verbal Prompts Needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Full Support: Hand Over Hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Independence Across Settings Tracker

Reflection: Reflect on the following questions

Skill: _____

Where is the skill the strongest?	
Where is the skill the hardest?	
What support may help?	



Independence Across Settings Tracker

Directions for Implementation: Learning a skill and using a skill independently are often two different things. A person may successfully complete a task in one environment but need additional support in another. This tracker helps identify where a skill is strongest, where challenges occur, and what supports may help bridge the gap.

Step 1: Choose One Skill

Select one skill you would like to observe.

Examples:

- Brushing teeth
- Packing a backpack
- Making a snack
- Ordering food
- Completing chores
- Following a morning routine
- Asking for help

Write the skill at the top of the tracker.

Step 2: Observe Across Different Settings

As opportunities arise, mark whether the individual:

- Completes the skill independently
- Needs some support
- Is not yet successful with the skill

Observe the skill in different environments such as:

- Home
- School
- Community
- With familiar people
- With new people

Remember that success may look different in each setting.

Step 3: Look for Patterns

After completing the tracker, review the results.

Ask yourself:

- Where is the skill strongest?
- Where is the skill most difficult?
- Are certain environments more successful than others?
- Does the level of support change depending on who is present?

These patterns can provide valuable information about what is helping or creating barriers.

Step 4: Identify Possible Supports

If a skill is more challenging in a particular setting, consider:

- Visual supports
- Additional processing time
- Reduced distractions
- Practice opportunities
- Breaking the task into smaller steps
- Consistent expectations across environments

The goal is not perfection. The goal is understanding what helps the skill transfer into everyday life.



Independence Across Settings Tracker

A Key Reminder

A skill is not truly independent until it can be used across different environments, with different people, and during different situations. Struggles in one setting do not mean a person has not learned the skill. Often, it simply means they need more opportunities to practice and generalize the skill in real-life situations.

A Small Nugget to Start With

Choose one skill you already know the individual can do successfully somewhere. Use this tracker to discover where that same skill is easier, harder, or requires additional support. Small observations often lead to meaningful growth over time.

