





## Competent

The individual can do it on their own, with a little bit of time and/or a little bit of help.



If you are prompting a lot, then it is NOT a competent role. Take a step back and try again.

## CO-REGULATION: WHERE DO I START? Authentic The role is real and meaningful. Not contrived. People can spot the difference.

Daily activities and routines that

adults typically do on their own are

