

The Capability Audit

15 minutes. One everyday task. The right support.

A conversation, not a test. Choose low-stakes tasks that fit your child's development, disability, health, and circumstances. Keep safety-critical tasks adult-led. Never withhold food, care, comfort, or necessary accommodations.

01 / NOTICE THREE ORDINARY TASKS

Examples: putting belongings away, setting a table, preparing an activity bag.

Task	What my child does now	What I do now

02 / MATCH THE SUPPORT

Ask: Which task would you like to learn? Choose one support option together.

- ☐ Show: I demonstrate and explain.
- ☐ Together: We do it side by side.
- ☐ Nearby: You try with agreed prompts or tools.
- ☐ Own: You manage it, with help still available.

These are support options, not ranks or age milestones. Checklists, assistive tools, and accommodations can remain part of ownership.

One small handover

Agree on a seven-day experiment. Review without a verdict.

03 / MAKE THE AGREEMENT

For the next seven days, my child will handle:

Tools, prompts, or accommodations we will use:

The adult will help with / step in when:

What "done" means and when we will practice:

Review date: _____

04 / REVIEW TOGETHER

What worked? What was difficult?

Next time: keep the support, adjust it, or choose a smaller step?

A missed step is information, not a character judgment. This worksheet is not a developmental assessment or a substitute for individualized professional advice.