

Test One Practical Support System

Attention planning and follow through | Clinicians | 50 minutes

Help a client test one task support and plan how to evaluate it.

The session focuses on one meaningful activity. Success means learning whether a support fits the client's circumstances, not proving productivity. Offer writing, demonstration, or verbal planning according to communication and access needs.

Minutes 0 to 8

Check current needs, safety, and priorities. Ask which unfinished activity has the greatest meaningful impact. Confirm that the task is realistic and chosen collaboratively.

Minutes 8 to 18

Use FOC06 to identify the exact sticking point. Consider unclear instructions, missing resources, emotional barriers, health, and environmental demands. Treat the explanation as a hypothesis.

Minutes 18 to 28

Choose FOC01, FOC02, FOC04, or FOC05 according to the barrier. Design one support with a clear action, cue, and practical setup.

Minutes 28 to 40

Rehearse the first step in the session when feasible. Observe where the plan helps or breaks down. Ask permission before offering an adjustment and test the revised step briefly.

Minutes 40 to 46

Choose one real-world trial and a simple observation, such as whether the reminder was noticed or the task began. Include a fallback for disruption and avoid excessive tracking.

Minutes 46 to 50

Review what was learned and what remains uncertain. Confirm follow-up, needed assessment or accommodations, and the client's view of whether the plan is worth trying.

Selected support, trial occasion, and observation

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