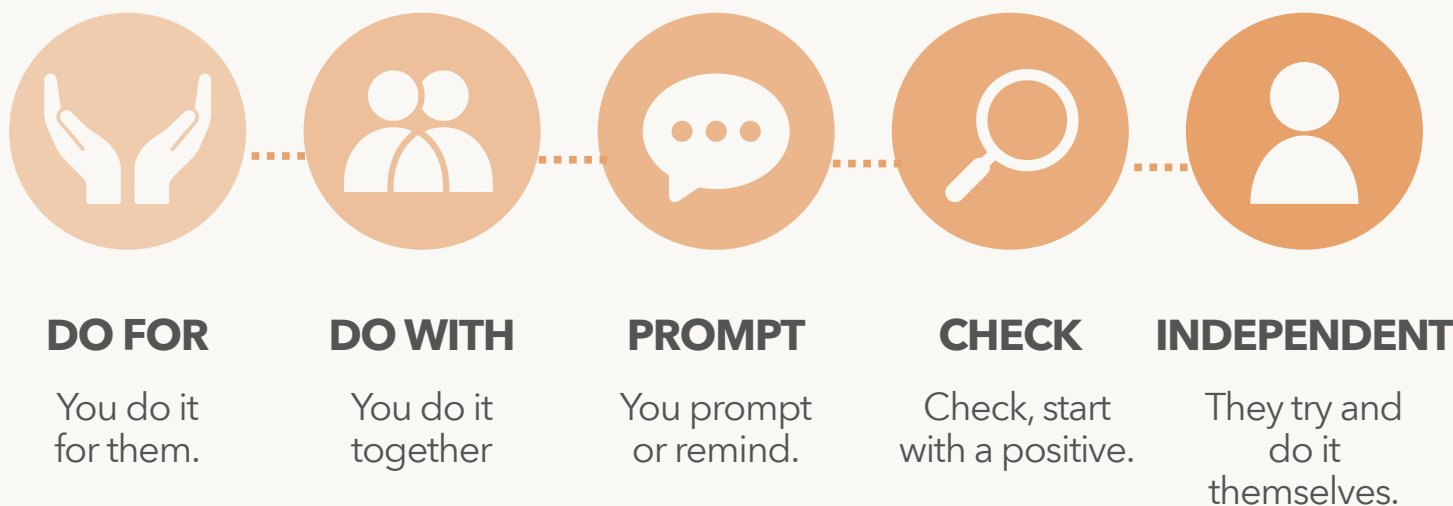
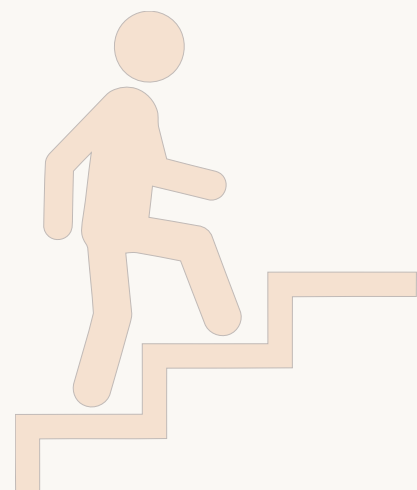


The Step Back Tool

Before stepping back, change how you help.

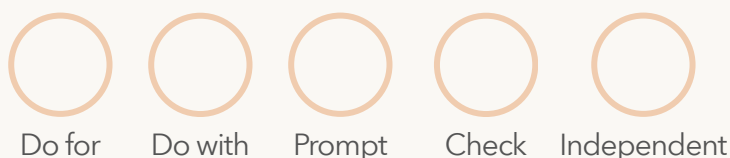
Independence doesn't mean going from full support to no support. Try changing the type of help you give before removing it altogether.



TRY IT FOR ONE TASK

Choose one everyday task. Where are they now? What's the next small step?

TASK I'M FOCUSING ON:



NEXT SMALL STEP

What small support will I remove or change?