

LIFE SKILLS LIBRARY

Find Your Starting Point

AdaptAbility Co. A short family self-check. Answer a handful of honest questions and land on where to start, the right community program, the right support level, and the first goal worth chasing. Built from our intake and our routing sheet, made simple enough to do at the kitchen table in a few minutes. There are no right answers. You know your person better than anyone.

◆ Before you start

This isn't a test and nobody's grading it. It's a way to cut through a big library down to one clear place to begin, so you're not reading twenty programs trying to guess. Answer for the person as they actually are today, not as you hope they'll be and not as their hardest day makes them look. Pick the closest option even when nothing fits perfectly, a close fit still lands you somewhere real, and you can always adjust once you've started. Feeling like someone finally gets your person is half of why this works, so answer honestly and let it point you somewhere good.

Jot your answers on a scrap of paper as you go. At the end, you'll add them up into a starting point.

◆ Part 1. Who is this for, and who's answering?

- Is this **for the person themselves**, or are **you a parent, caregiver, or family member** setting it up for them? (This just sets whose voice the program speaks in.)
-
- Roughly how old are they, and do they live with full-time support, some support, or mostly on their own? (No wrong answer. It helps us picture the day.)

◆ Part 2. What's the most pressing thing right now?

Pick the one that would change a day the most. This points to a first goal.

- **Just to move more and feel better, or to get started at all** → Foundations of Movement or Everyday Healthy Living
- **To stop falling, to feel steady on their feet** → Balance and Fall Prevention
(safety, moves up the list)
- **To burn energy and regulate, calmer transitions and evenings** → Energy and Regulation
- **Wound tight, bedtime battles, and "calm down" never works** → Stillness and Slowing Down (Life Skills Library)
- **To be safe and confident around water, pools, the lake, bath time** → Water Safety and Swimming (Life Skills Library) *(safety, moves up the list, especially if wandering is part of your life)*
- **To get stronger, or manage a healthy weight** → Strength and Muscle Building, or Weight Loss and Healthy Weight
- **To move more freely, less stiff and achy** → Flexibility and Mobility, or Posture and Sitting-Strong
- **A daily-living skill more than a fitness goal**, feeding themselves, dressing, money, their space, getting around safely, body safety → go to the Life Skills Library and its [Life Skills – How to Choose](#) page, and note which one below.

◆ Part 3. What's the biggest thing going on with their body or health?

Pick the closest. This points to a home-base community program. Most people fit more than one, so choose the most pressing and note the others as pairings.

If this is the closest fit...	Home base
Autism	Autism, then Higher Support, Building Independence, or Independent
Down syndrome	Down Syndrome, Joint Stability plus Weight Management
Cerebral palsy	Cerebral Palsy, Spastic or Dyskinetic type
Uses a wheelchair or has limited mobility (any diagnosis)	Wheelchair and Limited Mobility (Seated), plus Standing and Weight-Bearing if that's a goal
An intellectual or developmental disability not listed	Intellectual and Developmental Disability, Functional Fitness
Stroke, brain injury, or brain tumor	Stroke and Acquired Brain Injury, Early Recovery or Rebuilding
A heart condition (including aneurysm or post-heart-attack)	Heart Conditions <i>(needs doctor's clearance, see Part 5)</i>
Aging with a disability, or an older adult declining	Older Adults Aging with Disability
Type 2 diabetes or metabolic	Diabetes and Metabolic Health
An autoimmune or thyroid condition	Autoimmune Conditions
Persistent pain or fibromyalgia	Chronic Pain and Fibromyalgia
Blindness, low vision, Deaf, or hard of hearing	Vision and Hearing Impairment

Amputation or limb difference	Amputee and Limb Difference
Cancer, in treatment or after	Cancer Recovery <i>(needs oncology clearance, see Part 5)</i>
Depression, anxiety, or can't get started	Mental Health and Movement

Even a close-but-not-exact fit means your person is seen. We never turn someone away for not matching perfectly.

◆ **Part 4. How much do they need from a coach on this? (support level)**

This names our job, not their ceiling. Read it warmly, it's about how we show up, not a label on them.

- **Hands-On** → they do best with someone fully alongside, one step at a time, close guidance and lots of encouragement.
- **Shared** → they can follow a multi-step routine with reminders, and they catch and fix some of their own mistakes.
- **Light** → they mostly run it themselves and want refinement, a sharper version, a push.

It's fine to land between two, and it's fine for it to be different for different skills. Pick the one that fits most of the time, and know we re-read this as they grow.

◆ Part 5. Two quick safety flags (please don't skip these)

- **Medical clearance.** If their situation involves the heart, an aneurysm, a stroke or brain injury, uncontrolled thyroid, cancer treatment, diabetes on medication, recent surgery, or new or changing pain, we start only after their doctor clears it and we build the program around those limits. Note whether clearance is in hand, needed, or not applicable.
-
- **Safety-first skills.** If danger awareness near roads or wandering is a live worry, or if body safety needs to be in place for their age or setting, flag it. Getting Around, Body Safety and Self-Advocacy, and Water Safety and Swimming can jump the line ahead of everything else, because safety isn't a later program. If wandering and water are both in the picture, Water Safety's supervision-and-barriers layer starts this week, and if seizures are part of their life, pool plans start with a physician conversation.

◆ Part 6. How do they like it delivered? (optional, easy to change)

- **Direct**, the real exercise in honest terms, sets and reps. The respectful default.
-
- **Story or mission**, the movement disguised inside something they love, for the ones it lights up.
-
- **Purpose**, naming plainly why it matters to them.

Offer all three over time. Default to direct, and never force a game on someone who'd feel talked down to. They can switch any time.

◆ Add it up: your starting point

Put your answers together and you've got a real place to begin:

- 1 **One home-base program** from Part 3, plus any close fits noted as pairings.

- 2 **A first goal** from Part 2 to aim the early weeks, or a Life Skills program if daily living is the pressing thing.

- 3 **A support level** from Part 4 that sets the starting variation, Hands-On, Shared, or Light.

- 4 **Any safety flags** from Part 5, medical clearance confirmed, and the safety-first programs moved up if they apply.

- 5 **A delivery style** from Part 6, defaulting to direct.

That's the whole picture in five lines. It tells you which program to open first, how to run it, and what to have in place before you begin.

◆ Where to go next

- **Fitness first?** Open your home-base community program and read its "Overview and How to Choose" page. The **Intake and Routing Sheet** is the coach's one-page version of this same routing.
- **Daily living first?** Open the Life Skills Library's **Life Skills – How to Choose** page and start with the program that would change a day the most.
- **Want a plan built fully around your person?** That's the app, and everything you just answered is exactly what it's built to hold.
- **Still lie awake with the bigger questions?** Read **The 2 AM Questions**. Some of what a family needs isn't a program. It's knowing someone gets it.

Wherever you land, start small, start real, and start where they actually are. One owned skill leads to the next, and the picture fills in from there.

This is a routing tool for training and life-skills coaching, not medical advice. The serious tracks require a doctor's clearance and coordination with the person's care team. If a question here surfaces a worry bigger than where-to-start, reach out, the first conversation is always free and there's never any pressure.

This program is for coaching and skill-building, not medical, legal, or therapy advice. Individual needs vary; for significant motor, sensory, communication, or behavioral needs, coordinate with the person's occupational therapist, speech therapist, or care team.