

Building Reflective Complexity: Take the Elevator to Success

Engage caregivers to brainstorm, problem-solve and plan using scaffolding; the approach of strategically asking questions building on their knowledge and previous successes to move toward their goals. To begin scaffolding caregiver reflection, we focus on their stated priority and start with the end goal in mind – what they want to see, do or learn.



Top floor=Mix and Match keeping these strategies in mind:

- Start with awareness-type questions
- Use different reflective question types throughout sessions to build on caregivers' insights and past successes
- Scaffold questions to move the session toward caregivers' end goal
- Wrap up sessions with questions that facilitate caregiver-driven ending joint plans

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Third floor=Action: Ask questions to support caregivers to make connections to other contexts and plan for future actions.

Example: When in your day could you offer choices?

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Second floor=Alternative: Build on previous successes and insights by asking questions to seek caregivers' creative ideas.

Example: Knowing that visual attention is key, what else can we do to get him to look up?

2

First floor=Analysis: Use questions that support caregivers to make comparisons and evaluate progress toward goals.

Example: How did that match up to your goal for him to pull up to standing by himself?

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Ground floor=Awareness: Pose simple reflective questions to discover the caregiver's priority, what they know and have tried.

Examples: What's most important for you to work on today? How has that been going?

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