

Support + Response Tracker

Use this sheet when the question is: "What support did we try in this moment, and how did the person respond?"

MOMENT / CONTEXT -> SUPPORT -> RESPONSE -> REVIEW / NEXT

DATE / TIME

PERSON / INITIALS (optional)

OBSERVER (optional)

1. CONTEXT / MOMENT

What was happening? Note the task, transition, routine, setting, or situation.

2. WHAT SEEMED HARD / WHAT SUPPORT WAS NEEDED?

Describe what you noticed without assuming what the person was thinking or feeling.

3. SUPPORT TRIED

Record the actual support used: visual, movement, communication, sensory, environmental, task, predictability, co-regulation, or other.

4. OBSERVED RESPONSE

What did you observe while or after the support was used? Record what was seen, heard, or communicated.

5. DID IT APPEAR HELPFUL?

Choose the option that best matches this observation. It is okay to choose unclear.

☐ Helpful

☐ Partly helpful

☐ Unclear

☐ Did not appear helpful

6. PERSON'S FEEDBACK / PREFERENCE

If available: speech, AAC, gesture, refusal, preference, or other communication.

7. WHAT MIGHT BE WORTH CONSIDERING NEXT?

Repeat, adjust, pause, ask, observe more, or consider another support.

ADDITIONAL NOTES

Observed response notes can inform future planning, but they do not by themselves prove that a support caused the response or establish treatment effectiveness. Consider the person's communication, preferences, history, and other relevant context.