



The Integrated Support Audit

A 15-minute clarity tool for neurodiverse families

Helping you understand what's working, what's missing, and why support still feels hard — even when you “have help.”



Trauma-informed • Neurodiversity-affirming • Parent-centered

Before You Begin:

This audit is designed to help you assess how well your child's support system is working — and whether it's supporting you as the parent, too.

It is not a test.

It is not a judgment.

And it is not about doing more.

Many families already have the pieces: therapy, school supports, strategies, and recommendations.

What's usually missing is connection.

Take your time and answer honestly.

Most families complete this in about 15 minutes.

If something resonates deeply while you're reading, that's information — not failure.



Integrated Support Audit

Section 1: Your Child's Current Support Landscape

Check all that apply

1. Which support does your child currently receive?

- ☐ Occupational Therapy (OT)
- ☐ Speech Therapy (SLP)
- ☐ Behavioral Support (ABA)
- ☐ Behavioral Support (non-ABA)
- ☐ ADHD / Executive Function Coaching
- ☐ Mental Health / Counseling
- ☐ IEP / School-Based Services
- ☐ Academic Support / Tutoring
- ☐ None formally — support is mostly at home



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Section 1: Your Child's Current Support Landscape

2. How clearly do you understand what each provider is working on?

- A. Very clear — goals are aligned and understandable
- B. Somewhat clear — but goals feel disconnected
- C. Unclear — goals feel vague or inconsistent
- D. I honestly couldn't explain it confidently

3. Do these supports actively communicate or coordinate with each other?

- A. Yes — regularly and intentionally
- B. Occasionally, but inconsistently
- C. Rarely or only when I push for it
- D. No — they operate individually



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Section 2: Integration & Carryover

Support only works if it carries into daily life.

4. Do strategies from sessions carry over into home life?

- A. Consistently
- B. Sometimes
- C. Rarely
- D. Not at all

5. Who is responsible for making strategies work across environments?

- A. The providers coordinate this
- B. The school handles it
- C. I do most of it
- D. No one — it falls apart

6. When something isn't working, what usually happens?

- A. We problem-solve as a team
- B. I try to adjust things myself
- C. We wait until the next appointment
- D. We abandon the strategy altogether



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Section 3: The Parent Load (This Matters)

Parent capacity is not a “bonus.” It’s foundational.

7. Right now, how supported do you feel as the parent?

- A. Fully supported
- B. Somewhat supported
- C. Barely supported
- D. Completely overwhelmed

8. How often do you feel like the “project manager” of your child’s care?

- A. Rarely
- B. Sometimes
- C. Often
- D. Constantly

9. Which of the following feel true right now?

- A. I’m emotionally content
- B. I’m second-guessing my decisions
- C. I feel isolated in this process
- D. I don’t know what support I need anymore



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Section 4: School & Advocacy Alignment

10. Do school supports align with outside services?

- A. Yes — clearly and consistently
- B. Somewhat
- C. Rarely
- D. I don't know

11. During IEP or school meetings, you usually feel:

- A. Confident and prepared
- B. Somewhat confident
- C. Overwhelmed or reactive
- D. Like I'm on my own

12. After meetings, follow-through feels:

- A. Clear and consistent
- B. Mixed
- C. Unreliable
- D. Nonexistent



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Section 5: Clarity Check

13. Right now, do you feel you have:

- A. One clear, coordinated plan
- B. Several plans that don't fully align
- C. A collection of recommendations
- D. No clear direction

14. If nothing changed in the next 6 months, you would feel:

- A. Confident
- B. Concerned
- C. Exhausted
- D. Burned out



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How to Calculate Your Score

For each question:

- A = 1 point
- B = 2 points
- C = 3 points
- D = 4 points

Add your points across 13 questions, then find your range below.

Your Score

● 13–21 points — GREEN LIGHT

Your support system is largely working and aligned.

You have strong foundations in place, though some areas may still rely heavily on you to keep things running smoothly.

● 22–31 points — YELLOW LIGHT

Your support system is functioning, but fragmented.

Supports exist, yet coordination and consistency may be creating extra strain or inefficiency.

● 32–41 points — ORANGE LIGHT

Your system is under significant strain.

Support gaps, misalignment, or overload are likely impacting both your child and your own capacity.

● 42–52 points — RED LIGHT

Your system is overloaded and additional support is strongly needed.

This level reflects high demand, low coordination, and a heavy burden on you as the parent.



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Important Reminder

This score is not a diagnosis and not a reflection of effort or parenting quality.

It highlights how much support your current system is providing — and where it may be falling short.

Next Steps

If you'd like to review your results and talk through what support could look like for your family, you can book a free results call.

Let's Review This Together

If your audit revealed gaps or raised questions, you don't have to figure it out alone.

You can book a free call to review your results and see whether our integrated, multi-disciplinary program is a good fit for your family's needs

Book a Free Review Call:

<https://calendly.com/neurodiversecollab/supported>