7 STEPS TO BEGIN HOMESCHOOLING LEARNERS WITH DISABILITIES

01



Redefine What Success Looks Like

Shift the goal from performance to purpose.

- Focus on building confidence, voice, and real-life skills
- Ask what kind of life your learner wants
- Create a family learning mission to stay anchored

02



Withdraw from the System (Legally + Emotionally)

Let go of what didn't work so you can lead with purpose.

- File your Notice of Intent (NOI) and meet basic state steps
- Release pressure, guilt, or school-based expectations
- Trust yourself—you're building something better

03



Get Clear on Support Needs

Understanding your learner's needs builds effective plans.

- Reflect on what overwhelms or supports your learner
- Identify tools that help them stay regulated and engaged
- Use our free Support Readiness Tool for a guided start

04



Build a Flexible Daily Rhythm

Predictability supports peace—flexibility builds resilience.

- Use morning, midday, and evening anchors
- Include breaks, movement, and connection
- Use visual routines to reduce stress

05



Start With Capacity Building

Foundational skills make learning possible.

- Focus on help-seeking, task initiation, and transitions
- Use the Beyond the IEP Toolkit to get started
- Try one life skill daily—repetition builds readiness

06



Choose Tools That Fit Your Learner

It's not just about the curriculum - it's how you use it that matters.

- Choose hands-on or strength-based strategies that match your learner's needs
- Adapt tools based on the environment, task, and regulation needs
- Use Empowered Pathways resources and the Skill Builder AI to customize real-life learning

07



Document What Matters

Track growth that reflects your learner's journey.

- Use trackers, caregiver logs, and weekly wins
- Record effort, not just mastery
- Celebrate growth in communication, confidence, and connection