| Skills to learn   | Can Do Already | <b>Needs Practice</b> | Plan to Start | Accomplished |
|---|----------------|-----------------------|---------------|--------------|
| Kitchen:  |                |                       |               |              |
| Operate appliances (cook top, oven, microwave, toaster, dishwasher)   |                |                       |               |              |
| Use common kitchen tools (can<br>opener, bottle opener, knife, measuring<br>cups and spoons, grater, timer, egg<br>beater, ice cream scoop) |                |                       |               |              |
| Help plan and prepare meals   |                |                       |               |              |
| Follow a recipe   |                |                       |               |              |
| Put away the leftovers  |                |                       |               |              |
| Set the table   |                |                       |               |              |
| Do the dishes   |                |                       |               |              |
| Familiarity with contents of packaged foods   |                |                       |               |              |
| Laundry   |                |                       |               |              |
| Put dirty clothes in hamper   |                |                       |               |              |
| Sort clothes  |                |                       |               |              |
| Use washer and dryer  |                |                       |               |              |
| Iron  |                |                       |               |              |
| Hand wash   |                |                       |               |              |
| Fold clothes  |                |                       |               |              |
| Put clothes away  |                |                       |               |              |
|   |                |                       |               |              |
| With the Family   |                |                       |               |              |
| Watch TV news and discuss together  |                |                       |               |              |
| Help take care of siblings  |                |                       |               |              |
| Participate in family decisions   |                |                       |               |              |
| Plan family outing  |                |                       |               |              |
| Take care of pets   |                |                       |               |              |
| Housekeeping  |                |                       |               |              |
| Clean room  |                |                       |               | 1            |
| Make the bed/change the bed   |                |                       |               | 1            |
| Choose decorations for room   |                |                       |               | 1            |
| Minor repairs (change light bulbs,  |                |                       |               |              |
| repair or assemble toys)  |                |                       |               |              |
| Take out the trash  |                |                       |               |              |
| Basic sewing/mending skills   |                |                       |               |              |
|   |                |                       |               | <u> </u>     |

| Skills to learn                                  | Can Do Already | Needs Practice | Plan to Start | Accomplished |
|--|----------------|----------------|---------------|--------------|
| Gardening  |                |                |               |              |
| Plant a garden                                   |                |                |               |              |
| Mow/water the lawn                               |                |                |               |              |
| Weed the garden                                  |                |                |               |              |
| Learn appropriate use of garden tools            |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
| Emergency  |                |                |               |              |
| Plan fire exits and emergency                    |                |                |               |              |
| Know where candles and flashlights               |                |                |               |              |
| Use a fire extinguisher                          |                |                |               |              |
| Know how to turn water off                       |                |                |               |              |
| Know community emergency                         |                |                |               |              |
| Know where extra house key is located            |                |                |               |              |
| Unclog the sink or toilet                        |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
| Personal Skills                                  |                |                |               |              |
| Use the phone                                    |                |                |               |              |
| Have a house key                                 |                |                |               |              |
| Budget allowance                                 |                |                |               |              |
| Go shopping                                      |                |                |               |              |
| Have privacy in the bathroom                     |                |                |               |              |
| Manage personal grooming (shampoo, bath, shower) |                |                |               |              |
| Get a haircut                                    |                |                |               |              |
| Choose appropriate clothes to wear               |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |
|  |                |                |               |              |

| Skills to learn   | Can Do Already | <b>Needs Practice</b> | Plan to Start | Accomplished |
|---|----------------|-----------------------|---------------|--------------|
| Health Care Skills  |                |                       |               |              |
| Understand health status  |                |                       |               |              |
| Be aware of existence of medical records, diagnosis information, etc. |                |                       |               |              |
| Prepare questions for doctors, nurses, therapists                     |                |                       |               |              |
| Respond to questions from doctors, nurses, therapists                 |                |                       |               |              |
| Know medications and what they're for                                 |                |                       |               |              |
| Get a prescription refilled   |                |                       |               |              |
| Keep a calendar of doctor, dentist appointments                       |                |                       |               |              |
| Know height, weight, birthdate  |                |                       |               |              |
| Learn how to read a thermometer                                       |                |                       |               |              |
| Know health emergency telephone numbers                               |                |                       |               |              |
| Know medical coverage numbers   |                |                       |               |              |
| Obtain sex education materials/birth control if indicated             |                |                       |               |              |
| Discuss role in health maintenance                                    |                |                       |               |              |
| Have genetic counseling if appropriate                                |                |                       |               |              |
| Discuss drugs and alcohol with family                                 |                |                       |               |              |
| Make contact with appropriate community advocacy organization         |                |                       |               |              |
| Take care of own menstrual needs and keep a record of monthly periods |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               | <u> </u>     |
|   |                |                       |               | <u> </u>     |
|   | 1              | <u> </u>              |               |              |

| Skills to learn   | Can Do Already | <b>Needs Practice</b> | Plan to Start | Accomplished |
|---|----------------|-----------------------|---------------|--------------|
| Community Skills  |                |                       |               |              |
| Get around the city (pedestrian skills, asking directions)    |                |                       |               |              |
| Use public transportation (taxi, bus, etc.)                   |                |                       |               |              |
| Locate bathroom in unfamiliar building (i.e. know how to ask) |                |                       |               |              |
| Know about neighborhood stores and services                   |                |                       |               |              |
| Use a pay phone   |                |                       |               |              |
| Use a phone book  |                |                       |               |              |
| Open a bank account   |                |                       |               |              |
| Get a library card  |                |                       |               |              |
| Get a picture ID  |                |                       |               |              |
| Get a Social Security Card                                    |                |                       |               |              |
| Use Post Office   |                |                       |               |              |
| Volunteer for community services                              |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
| Leisure Time Skills   |                |                       |               |              |
| Help plan a party   |                |                       |               |              |
| Invite a friend over  |                |                       |               |              |
| Subscribe to a magazine                                       |                |                       |               |              |
| Read a book   |                |                       |               |              |
| Plan a TV viewing schedule                                    |                |                       |               |              |
| Go for a walk   |                |                       |               |              |
| Join the Scouts, YMCA/YWCA, 4-H<br>Club, etc                  |                |                       |               |              |
| Go to a recreation center                                     |                |                       |               |              |
| Go to camp  |                |                       |               |              |
| Attend school functions (plays,                               |                |                       |               |              |
| dances, concerts, sports)                                     |                |                       |               |              |
| Go to Church  |                |                       |               |              |
| Keep a calendar of events                                     |                |                       |               |              |
| Participate in a sport  |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |
|   |                |                       |               |              |

| Skills to learn  | Can Do Already | <b>Needs Practice</b> | Plan to Start | Accomplished |
|--|----------------|-----------------------|---------------|--------------|
| Skills For The Future-                                     |                |                       |               |              |
| Education  |                |                       |               |              |
| Meet with school Guidance Counselor                        |                |                       |               |              |
| Check future educational options                           |                |                       |               |              |
|  |                |                       |               |              |
|  |                |                       |               |              |
| Vocational/Technical Options                               |                |                       |               |              |
| Contact school Guidance or DVR                             |                |                       |               |              |
| Counselor  |                |                       |               |              |
| Check on local workshops/job<br>opportunities              |                |                       |               |              |
| Find out about apprentice programs                         |                |                       |               |              |
| Get information from community colleges                    |                |                       |               |              |
| Learn how to apply for a job                               |                |                       |               |              |
|  |                |                       |               |              |
|  |                |                       |               |              |
|  |                |                       |               |              |
| Living Arrangements  |                |                       |               |              |
| Be aware of federal housing regulations for the disabled   |                |                       |               |              |
| Explore group homes and tenant                             |                |                       |               |              |
| support apartment living programs                          |                |                       |               |              |
| Find out about financial assistance programs               |                |                       |               |              |
| Learn how to manage money and<br>budget household expenses |                |                       |               |              |
| Understand leases  |                |                       |               |              |
| Know the responsibilities of a tenant & landlord           |                |                       |               |              |
| Know how to fill out an application                        | 1              |                       |               |              |
| Check for wheelchair accessibility if needed               |                |                       |               |              |
| Look into transportation                                   |                |                       |               |              |
| Know about services: electricity, phone, water             |                |                       |               |              |
| 1 - <i>7</i>   |                |                       |               |              |
|  |                |                       |               |              |