

ADOLESCENT AUTONOMY CHECKLIST

Developed by the Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a Model developed by the Children's Rehabilitation Center at the University of Virginia.

| Skills to learn | Can Do Already | Needs Practice | Plan to Start | Accomplished |
|--|----------------|----------------|---------------|--------------|
| Kitchen: | | | | |
| Operate appliances (cook top, oven, microwave, toaster, dishwasher) | | | | |
| Use common kitchen tools (can opener, bottle opener, knife, measuring cups and spoons, grater, timer, egg 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 | | | | |
| Make the bed/change the bed | | | | |
| Choose decorations for room | | | | |
| Minor repairs (change light bulbs, repair or assemble toys) | | | | |
| Take out the trash | | | | |
| Basic sewing/mending skills | | | | |
| | | | | |

ADOLESCENT AUTONOMY CHECKLIST

Developed by the Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a Model developed by the Children's Rehabilitation Center at the University of Virginia.

| Skills to learn | Can Do Already | Needs Practice | 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 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 | | | | |
| | | | | |
| | | | | |
| | | | | |

ADOLESCENT AUTONOMY CHECKLIST

Developed by the Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a Model developed by the Children's Rehabilitation Center at the University of Virginia.

| Skills to learn | Can Do Already | Needs Practice | 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 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 budget household expenses | | | | |
| Understand leases | | | | |
| Know the responsibilities of a tenant & landlord | | | | |
| Know how to fill out an application | | | | |
| Check for wheelchair accessibility if needed | | | | |
| Look into transportation | | | | |
| Know about services: electricity, phone, water | | | | |
| | | | | |
| | | | | |