

Domestic Skills:

- _____ Laundry (puts clothes into washer with soap, moves to dryer and folds)
- _____ Preparing cold meals (prepares all items, opens them and puts them back correctly)
- _____ Preparing hot meals (uses microwave, stove, oven, air fryer, toaster to prepare food)
- _____ Personal hygiene (washes body, teeth, face, wears deodorant, brushes hair)
- _____ Dressing (picks out clothes, puts all on items weather appropriately)
- _____ Cleaning bedroom (takes out trash, makes bed, put clothes away)
- _____ Cleaning common areas at home (vacuums, puts dishes away)
- _____ Cares for pet (washes, feeds, exercise for a pet)
- _____ Stays alone during the day (can independently stay in own bed)
- _____ Stays alone during the night (can stay alone w/out another adult overnight)
- _____ Unlock/lock the door at home

Vocational Skills

- _____ Participates in non-paid work (volunteer)
- _____ Receives a salary for work in the community

Personal Management Skills

- _____ Can state personal email address
- _____ Checks email independently on a regular basis.
- _____ Uses personal calendar/app (keeps track of daily activities and appointments)
- _____ Use an alarm and is on time (time management)
- _____ Prescriptions (being able to fill a weekly pill box AND fill prescriptions when needed.
- _____ Uses public transportation (knows how to navigate around without a driver's license)
- _____ Creates grocery list
- _____ Shops for groceries
- _____ Purchases items in-store
- _____ Selects clothing to purchase

- _____ Walks or rides bike to locations
- _____ Pays for fast food in stores
- _____ Orders food in sit down restaurant
- _____ Pays for food in sit down restaurant
- _____ Knows how to handle paying a tip
- _____ Handles bank account/cash/debit or credit cards
- _____ Participates in hobby
- _____ Talks/texts with friends AND family
- _____ Participates in sports
- _____ Participates in events with typically developing peers
- _____ Goes out with peers (movie, mall, etc)
- _____ Can engage in appropriate down time activities
- _____ Invites others to the house.
- _____ Goes to friends' homes during the day.
- _____ Stays overnight at a friend's house.

Safety Skills

- _____ Can cross streets and looks both ways in parking lots and streets.
- _____ Knows what to do if lost.
- _____ Can react properly to a fire alarm.
- _____ Can calmly and safely evaluate a building during a fire alarm.
- _____ Can self soothe appropriately when angry/sad/mad.
- _____ Can communicate basic information about himself/herself (name, age, birthdate)
- _____ Can respond to WH questions (where, when, who , and why when asked)
- _____ Can interact safely in a public restroom using restroom etiquette and social requirements.
- _____ Can monitor their personal items.

