

Orange County Public Schools



SKILLS FOR INDEPENDENCE
What your child will need to do...

SKILLS FOR INDEPENDENCE

- Checklist format
- Necessary for college and adult life
- Contact the ESE Parent Support Team for more information

Sleep

- Goes to bed at appropriate times
- Wakes self in the morning
- Sets and uses an alarm clock
- Monitors sleep environment and removes distractions

Organization

- Leaves early to ensure prompt arrival
- Uses a daily/weekly calendar system
- Uses phone alarm or other technology device for reminder systems
- Designs and maintains a daily/weekly/monthly cleaning routing
- Uses lists/charts to follow hygiene, chores, and other routines

Safety

- Knows how to exit home in event of an emergency
- Knows when and how to make calls for emergency services
- Knows height, weight and date of birth
- Uses an ATM in safe and well lit areas
- Ensures all windows and doors are locked and secured
- Is able to identify who is and is not a stranger
- Does not allow strangers inside their home or apartment
- When walking, avoids using cell phone or listening to music to stay alert
- Turns off stove and/or oven and other kitchen appliances after use
- Basic first aid skills or knows when to seek additional assistance

Meal Planning

- Maintains appropriate amount of food at home
- Discards old/expired food
- Follows a shopping list
- Purchases seasonal fruits and vegetables
- Can read ingredients on a label
- Compares prices
- Checks local papers for specials and coupons
- Follows proper table manners

Food Preparation

- Can prepare 3 breakfast, lunch and dinner items for self
- Thaws frozen food in time for meal preparation
- Can follow a recipe
- Safely handles knives and other kitchen tools
- Is familiar with safe handling practices and risk of cross contamination
- Washes fruits and vegetables before eating them
- Washes hands before meal preparation
- Can preheat the oven and uses pot holders for safe handling

Kitchen cleanup

- Cleans prep and dining area after eating
- Scrapes, rinses, and places dirty dishes in dishwasher after eating
- Loads the dishwasher
- Follows steps to run the dishwasher
- Stores clean dishes in designated areas
- Stores food in covered, sealed containers

Personal Hygiene 1

- Brushes teeth at least twice daily
- Flosses teeth on a regular basis
- Washes face at least once daily
- Showers daily and uses shampoo and soap
- Maintains appropriate nail length and keeps nails clean
- Shampoos hair minimum twice weekly
- Gentlemen: shave facial hair or keep it appropriately trimmed
- Combs hair and recognizes when to get a haircut

Personal Hygiene 2

- Uses deodorant daily
- Uses system to organize and adhere to medication regimen
- Knows how to refill prescription medication
- Uses appropriate terms to discuss with a doctor headache, sore throat, etc.
- Knows how to reach medical providers
- Has a basic understanding of common ailments such as colds or the flu, etc.
- Can read a thermometer
- Ladies: adequately maintains menstrual needs

Household Upkeep 1

- Makes bed daily
- Changes bed linens regularly
- Checks that all lights and appliances are off before leaving
- Can locate breaker box in the residence
- Resets breaker when there is a power outage
- Adjusts thermostat before leaving for energy conservation
- Takes trash out, as needed
- Replaces trash can liners
- Recycles aluminum, plastic, and paper in appropriate containers

Household Upkeep 2

- Adheres to established cleaning schedules
- Disinfects countertops, stovetop, light switches, drawer and door handles
- Sweeps and mops floor
- Wrings out dish towel and sponges and hangs to dry
- Cleans shower to prevent soap scum and mildew
- Gentlemen lift toilet seats and lower when finished
- Uses disinfectant wipes to wipe down surfaces
- Knows how to use a toilet plunger
- Can change light bulbs, batteries, etc.

Laundry

- Operates washer and dryer
- Sorts clothes by color
- Washes clothes weekly
- Selects proper water temperature for different fabrics
- Selects appropriate drying cycle
- Cleans lint screen after each drying cycle
- Folds clothes and stores them promptly
- Irons clothes as needed, using appropriate setting
- Stores clothes in designated areas

Financial

- Pays bills by mail, online or in person
- Logs funds in checking and savings account
- Knows account balance
- Distinguishes between credit and debit
- If writing checks, logs each check in check log
- Uses calculator to ensure accurate account information
- Compares bank statements to check log to ensure accuracy
- Knows social security number and when to use it
- Basic identity theft protection knowledge

Mobility / Community

- Knows public transportation fare and keeps pass or sufficient change on hand
- Researches a public transportation route and prints schedule or itinerary
- Purchases a public transportation pass
- Knows location of public transport stop and proximity to destination
- Arrives at stop at least 10 minutes prior to scheduled transfer
- Requests a transfer, when needed
- Can access directory information, or online resources to get a cab or shuttle
- Can utilize public services such as the post office and bank
- Knows how to access polling place and vote

Essential Social Skills

- Introducing yourself
- Waiting your turn
- Accepting “no” for an answer
- Interrupting appropriately
- Joining a group/conversation
- Can appropriately plan a leisure activity
- Keep a schedule of and for desired events

Self - Advocacy Skills

- Can articulate basic facts about learning difficulties or disability
- Understands basic concepts self-advocacy
- Understands rights and responsibilities of accommodations
- Understands appropriate time for disclosure of his/her disability
- Can leave appropriate voicemail messages
- Can write or dictate and send emails

Thank you !

- Centers for Independent Living
- Center for Autism and Related Disabilities
- Down Syndrome Association
- Agency for Persons with Disabilities