

# Life Skills



## Hygiene/ADL

- Tying shoes
- Dressing
- Oral hygiene
- Hair/makeup/grooming
- Body odor: deodorant
- Clean attire
- Buttons/zippers
- Bathing/shower (how often, how to)

## Social skills

- Verbal/nonverbal
- Group
  - Listening
  - Patience
  - Empathy
  - Acceptance
  - How to cope with difficult people

## Social and Safety

- Community awareness
- Emergency numbers/contacts
- Pedestrian safety
- Internet/phone safety (scams)
- Weather safety
- Drills (fire, tornado, gas, etc.)

## Reading/Writing

- Vowels/consonants/Alphabet
- Sounds of letters
- What punctuation means: periods, commas, exclamation, question mark etc.
- Comprehension: what does the word mean/sentence saying
- Proper use of word: example to, too, two: there, their, they're
- Spelling: basic to advanced
- Writing name, numbers, letters, etc

## Typing

- Hand placement(s)
- Spell check
- Proofread
- Improve speed/accuracy

## Eloperment

- What is elopement?
- Why elopment can be dangerous and disruptive
- Coping when upset
- Let staff know where you are going

## Behavior(s)

- Stealing
- Lying
- SIB
- Physical aggression
- Verbal aggression
- Seeking attention

## Self-advocacy

- What are my rights
- What to do if rights are violated
- Who can/should I report to
- Stranger danger
- Circle/boundaries training(s)
- Coping skills
- Areas susceptible to abuse: self, physical, sexual, financial
- Independence
- Making choices
- Organizations to get involved in

## Basic/entry level math

- Counting by 1, 2's, 5's 10's 20's, 25's 50's and 100
- Addition, subtraction, multiplication, division
- Decimals
- Percentages
- Fractions
- Measurements: rulers, cups, ounces, gallons etc.
- Adding/subtracting time
- Estimation
- Averages

# Life Skills



## Telling Time

- Hands on a clock
- How many hours in a day
- How many minutes in an hour
- Am and PM
- Quarter to, half past, etc.
- 24 hour/military time
- Abbreviated dates: example July 4, 2021= 7/4/21

## Personal information

- Full name
- Address
- Phone number
- SSN (what is this, do we give it out freely)
- Important emergency numbers (mom, house, other emergency contacts (911))
- Hotline numbers: poison control, suicide/ mental health help lines etc.
- DOB
- Medications
- Allergies
- Protocols
- Health History: do I have a medical implant device
- Insurance information
- Hospital/Dr/medical professional

## Food Safety

- Allergies
- How prepared: mechanical, thickened, etc.
- Healthy diet
- Chicken, beef, when to not eat, expiration(s), proper cleaning, cooking, coloring, smell, look, taste

## Adaptive equipment/technology

- Teach/train/show/support use of
- Ensure supported independence
- Communication aids

## Working as a team

- Patient
- Listening
- Flexible
- Positive
- Supportive
- Responsible
- To work on time
- Quality/efficient

## Independent work

- Initiative
- Responsible
- To work on time
- Quality/efficient
- Honesty/Integrity

## Work Skills building

- Cleaning
- Laundry/ironing
- Cash register/money skills
- Organization
- Work appropriate behavior(s)
  - Language
  - Dress
  - Conversation(s)
  - Touch
  - Hygiene
  - Stealing
  - Coping
  - Honesty
  - Time management
- Sleep
  - How many hours do I need?
  - Alarm clock

# Life Skills



## Independent living skills

- Cooking
- Cleaning
- Medical appointments
- Bills
- Budgeting (small level)
- Stranger danger
- Banking
- Medications
- Emergency plan(s)
- Calling in: for what, for when, how to, when to
- Transportation (bus, bike, carpool, other) and transportation safety
- Physical fitness
- Healthy eating/diet
- Shopping (groceries/clothing) and making list
- Meal prep/setting table
- Laundry
- Yard/lawn/garden
- Schedule/planning time

## Relationships

- Networking
- Know your neighborhood
- Circles training (Acquaintances, Friends, Family, Intimate Relationships)

## Community engagement

- Connections
- Volunteer
- Sports, hobby, church, etc groups

## Transitioning

- Slower transition from school learning atmosphere to RCO atmosphere
- Work on areas to promote socializing/skill building/work readiness

## Friendship

- How to be a friend
- How do you want to be treated
- How should we treat others
- How to safely make/meet new friends
- How to act towards those who we do not consider our friends