

# GPAEA Independent Living Skills Checklist

Check skills that the student is able to complete independently.

## SAFETY

- Knows how to exit home in the event of an emergency
- Know when and how to make calls for emergency services
- Knows how to lock and unlock doors and windows
- Does not allow strangers into home
- Turns off stove after use
- Knows basic first aid skills or when to seek assistance

Additional items/comments about safety.

## FOOD PREPARATION & MANAGEMENT

- Washes hands before preparing and eating food
- Can follow a shopping list
- Operate appliances (cook top, oven, microwave, toaster, dishwasher)
- Use common kitchen tools (can opener, measuring cups & spoons, timer, etc.)
- Help plan and prepare meals
- Follow a recipe
- Set the table
- Cleans area after meal
- Do the dishes or load/start dishwasher

Additional items/comments about food preparation and management.

## HEALTH, SELF CARE & HYGIENE

- Brushes teeth regularly
- Showers or bathes regularly and uses shampoo and soap
- Knows how to use soap, shampoo, deodorant, shaving cream or other common personal care products
- Can take medications independently
- Has basic understanding of common illnesses such as colds or flu
- Can describe symptoms to parent or health care provider
- Can schedule healthcare appointments
- Goes to bed at appropriate times
- Sets and uses alarm clock
- Wakes up independently in the morning
- Knows that drugs, alcohol and tobacco may be harmful to your health
- Knows that diet, exercise and good eating habits promote wellness.

Additional items/comments about self care and hygiene

## **HOUSEKEEPING**

- Can make the bed
- Can take out the trash
- Can sweep, mop and vacuum the floor/carpet
- Dust furniture
- Can do minor household repairs (replace light bulbs, batteries, etc.)
- Knows how to get rid of and avoid ants, roaches, mice, etc.

Additional items/comments about housekeeping

## **LAUNDRY**

- Sort clothes by color
- Can operate washing machine
- Can operate dryer
- Can fold/hang clothes
- Can put clothes away
- Reads and follows clothing label for proper care (hand wash, dry clean, etc.)

Additional items/comments about laundry.

## **FINANCIAL (MONEY MANAGEMENT SKILLS) LITERACY**

- Knows the value of coins and currency
- Knows how to count money
- Understands that an item costs a certain amount of money, has enough money to cover the cost and change???
- Knows how to open a checking or savings account
- Can access account balance/read monthly bank statement??
- Understands credit and debit
- Understands basic budgeting
- Can use a calculator to add, subtract, multiply and divide
- Knows social security number (or how to find it)
- Understands information on a pay stub

Additional items/comments about financial skills.

## **COMMUNITY MOBILITY/RESOURCES**

- Understands and uses seat belts
- Is familiar with any public transportation available
- Has successfully completed driver's education class

- Has a driver's permit or license
- Knows how to access transportation to school, work or community environments
- Can give directions
- Knows how get emergency information by telephone
- Knows how to locate information using a telephone book
- Knows the location of important businesses (banks, grocery store, post office, etc.)

Additional items/comments about community mobility/resources.

## **LEISURE SKILLS**

- Interacts with peers in the community
- Chooses appropriate free time activities

Additional items/comments about community mobility/resources.

## **DAILY LIVING INTERESTS and PREFERENCES:**

Once I graduate from high school, I will live (check all that apply):

- in an apartment
- in a house
- in a dormitory
- alone
- with one roommate
- with a spouse
- in the city
- in the country

In what city/state do you plan to live? \_\_\_\_\_



