

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 or online source
- _____ 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? _____