

## Skills Assessment/Planning Guide

| <b>DOMAIN: SELF-MANAGEMENT</b> |   |   |  |  |  |
|--------------------------------|---|---|--|--|--|
|                                |   | Skill Level<br>Emerging: E<br>Partial: P<br>Skillful: S | Instructional Priority<br>for this year?<br><br>Yes/No | Are there any ASOL that<br>might be embedded in this<br>skill?<br><br>Yes/No<br><b>If Yes, which ones:</b><br>(Note: not all skills have<br>embedded academic<br>components) |  |
| <b>Eating Skills</b>           |   |   |  |  |  |
| 1.                             | Drinks  |   |  |  |  |
| 2.                             | Chews/swallows                                      |   |  |  |  |
| 3.                             | Eats finger foods                                   |   |  |  |  |
| 4.                             | Uses table utensils                                 |   |  |  |  |
| <b>Dressing Skills</b>         |   |   |  |  |  |
| 5.                             | Identifies clean vs. soiled clothing                |   |  |  |  |
| 6.                             | Selects/wears appropriate clothing/accessories      |   |  |  |  |
| 7.                             | Puts on/takes off clothing                          |   |  |  |  |
| 8.                             | Puts on/takes off shoes                             |   |  |  |  |
| 9.                             | Demonstrates use of a variety of clothing fasteners |   |  |  |  |

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| <b>Toileting Skills</b>        |   |   |  |   |
| 10.                            | Indicates need for toileting or when soiled/wet |   |  |   |
| 11.                            | Follows toileting schedule                      |   |  |   |
| 12.                            | Assists with toileting                          |   |  |   |
| 13.                            | Is toilet trained                               |   |  |   |
| 14.                            | Wipes   |   |  |   |
| 15.                            | Uses toilet in school and community setting     |   |  |   |
| <b>Personal Hygiene Skills</b> |   |   |  |   |
| 16.                            | Controls drooling                               |   |  |   |
| 17.                            | Cares for oral hygiene                          |   |  |   |
| 18.                            | Blows/wipes nose appropriately                  |   |  |   |
| 19.                            | Sneezes/coughs appropriately                    |   |  |   |
| 20.                            | Bathes/showers                                  |   |  |   |

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| 21.                            | Washes face   |   |   |  |
| 22.                            | Washes hands  |   |   |  |
| 23.                            | Acknowledge the importance of skin care                       |   |   |  |
| 24.                            | Performs hair care  |   |   |  |
| 25.                            | Uses deodorant  |   |   |  |
| 26.                            | Identify proper products for hygiene and where to obtain them |   |   |  |
| 27.                            | Takes care of feminine hygiene needs                          |   |   |  |
| <b>Grooming Skills</b>         |   |   |   |  |
| 28.                            | Combs/brushes hair  |   |   |  |
| 29.                            | Takes care of nails   |   |   |  |
| 30.                            | Shaves  |   |   |  |
| 31.                            | Uses cosmetics  |   |   |  |

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| <b>Health Care Skills</b>      |  |   |  |   |
| 32.                            | Indicates where medical attention is available                               |   |  |   |
| 33.                            | Distinguishes between prescription and non prescription drugs                |   |  |   |
| 34.                            | Takes medication appropriately   |   |  |   |
| 35.                            | Reports seizures or when feeling ill   |   |  |   |
| 36.                            | Identifies illnesses/injuries that require medical interventions             |   |  |   |
| 37.                            | Demonstrates knowledge of common illness and injury prevention and treatment |   |  |   |
| 38.                            | Development and maintain an exercise program                                 |   |  |   |
| 39.                            | Demonstrates ability to access community health facilities                   |   |  |   |
| <b>Personal Safety</b>         |  |   |  |   |
| 40.                            | Recognizes need for personal safety  |   |  |   |
| 41.                            | Avoids dangerous places/situations   |   |  |   |

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| 42.                            | Demonstrates actions to take in the event of an emergency |   |  |   |
| 43.                            | Demonstrates ability to get assistance                    |   |  |   |
| 44.                            | Demonstrates awareness of appropriate touching            |   |  |   |
| 45.                            | Demonstrates stranger safety                              |   |  |   |
| 46.                            | Demonstrates how to handle money safely                   |   |  |   |
| 47.                            | Uses personal identification cards                        |   |  |   |
| 48.                            | Manages possessions appropriately                         |   |  |   |
| <b>Decision Making Skills</b>  |   |   |  |   |
| 49.                            | Recognizes a problem                                      |   |  |   |
| 50.                            | Anticipates consequences                                  |   |  |   |
| 51.                            | Locates/utilizes sources of assistance                    |   |  |   |
| 52.                            | Develops/evaluates alternatives                           |   |  |   |
| 53.                            | Demonstrates decision making skills                       |   |  |   |