

Skills Assessment/Planning Guide

DOMAIN: Home Living Skills				
	Skill Level Emerging: E Partial: P Skillful: S	Instructional Priority for this year? Yes/No	Are there any ASOL that might be embedded in this skill? Yes/No If Yes, which ones: (Note: not all skills have embedded academic components)	
House Keeping Skills				
1.	Disposes of garbage			
2.	Cleans floors			
3.	Dusts Furniture			
4.	Clears couches, chairs, tables, of trash and/or magazines			
5.	Returns items to proper storage area			
6.	Cleans windows and mirrors			
7.	Cleans bedroom			
8.	Cleans bathroom			
9.	Hangs clean towels/washcloths			
10.	Replaces bathroom supplies when needed			
11.	Replaces cleaning supplies when needed			

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Home Maintenance				
12.	Adjusts room temperature			
13.	Cares for indoor plants			
14.	Maintains emergency alarms			
15.	Uses common household tools (e.g. hammer, screwdriver)			
16.	Performs simple home maintenance tasks			
17.	Identifies need for repairman			
18.	Demonstrates safe use/maintenance of a variety of lawn/garden tools			
19.	Performs yard maintenance			
20.	Puts out trash containers for collection			
21.	Sweeps porch, driveway, sidewalk, patio			
22.	Recycles			

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Meal Planning Skills				
23.	Identifies/plans well-balanced meals			
24.	Estimates cost of planned meals			
25.	Plans a meal utilizing available foods			
26.	Plans an appropriate amount of food for number of people eating			
27.	Plans simple snacks or desserts			
Buying and Preparing Food				
28.	Makes a shopping list before going grocery shopping			
29.	Identifies places to buy food other than a grocery store			
30.	Uses a shopping cart			
31.	Locates various items within departments			
32.	Requests assistance from store employee as needed			
33.	Selects items on shopping list			
34.	Buys appropriate quantities of perishable food for needs			

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35.	Waits/uses check out lines			
36.	Identifies/uses common cooking ingredients			
37.	Demonstrates proper food handling skills			
38.	Demonstrates skill in common food preparation tasks			
39.	Demonstrates proper use of measurement tools (cups, spoons)			
40.	Understands common cooking terms			
41.	Prepares meals			
42.	Stores food safely			

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Kitchen Skills				
43.	Demonstrates proper use of common cooking utensils			
44.	Demonstrates proper use of kitchen appliances			
45.	Demonstrates safety rules associated with using appliances			
46.	Identifies spoiled versus non-spoiled food			
47.	Identifies dirty dishes			
48.	Washes dishes			
49.	Puts clean dishes away			
50.	Identifies cleaning supplies/equipment and uses			
51.	Maintains a clean kitchen			

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Table Setting/Clearing				
52.	Selects items to set a table			
53.	Selects number of settings for persons eating			
54.	Sets table using utensils, dishes, and napkins			
55.	Clears table after eating			
56.	Scrapes/rinses/stacks dishes after a meal			
57.	Loads and operates a dishwasher			
Laundry Skills				
58.	Identifies items that need to be washed			
59.	Sorts clothing			
60.	Follows garment care recommendations			
61.	Uses washer/dryer			
62.	Washes clothes by hand			
63.	Uses laundry products			

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64.	Uses coin-operated washer/dryer			
65.	Folds clothes			
Clothing Maintenance				
66.	Stores dirty clothing/linen in laundry container			
67.	Irons clothes			
68.	Puts clothing away			
69.	Performs minor mending tasks			
70.	Disposes or recycles clothing when needed			
Home Safety/Emergencies				
71.	Recognizes household dangers			
72.	Identifies common household poisons			
73.	Recognizes sounds made by smoke detectors in the residence			
74.	Demonstrates ability to handle household emergencies			

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75.	Plans/follows an emergency route			
76.	Demonstrates fire safety			
77.	Plans how to handle adverse weather/nature related events			
78.	Indicates location of emergency information			
79.	Demonstrates ability to use 911			
Telephone Skills				
80.	Recites own phone number			
81.	Carries/locates written telephone numbers			
82.	Uses phone book/directory assistance			
83.	Demonstrates ability to make personal/business phone calls			
84.	Displays appropriate telephone etiquette			
85.	Takes/relays phone messages			
86.	Recognizes/uses caller ID			
87.	Recognizes/ demonstrates ability to use automated telephone			

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	services			
88.	Demonstrates ability to use voice mail			
89.	Demonstrates ability to use toll free numbers			
90.	Recognizes that there is a charge when 1-900 numbers are called			
91.	Demonstrates ability to make/accept a collect call			
92.	Demonstrates ability to handle telephone solicitors			
93.	Demonstrates ability to handle prank phone calls			
94.	Demonstrates ability to use pay phones/cell phones			
Home Leisure				
95.	Reads/looks at materials of interest			
96.	Participates in hobby or craft project			
97.	Operates/listens to radio			
98.	Operates/listens to CD's, MP3s and headphones			
99.	Operates/watches TV			

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100.	Operates/listens to VCR/DVD			
101.	Uses a computer			
102.	Plays board/card games			
103.	Plays electronic games			
104.	Organizes social gatherings			
105.	Writes and sends email and text messages			
106.	Safeguards personal information			
Selecting and Managing a Household				
107.	Identifies the pros/cons of residential living options			
108.	Identifies support that may be needed within various living options			
109.	Identifies/accesses assistance/services			
110.	Knows how to set up a household			