| DOMAIN: Home Living Skills | | | | |
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|  | | Skill LevelEmerging: EPartial: P **S**killful: **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 | | | | |
|  | Disposes of garbage |  |  |  |
|  | Cleans floors |  |  |  |
|  | Dusts Furniture |  |  |  |
|  | Clears couches, chairs, tables, of trash and/or magazines |  |  |  |
|  | Returns items to proper storage area |  |  |  |
|  | Cleans windows and mirrors |  |  |  |
|  | Cleans bedroom |  |  |  |
|  | Cleans bathroom |  |  |  |
|  | Hangs clean towels/washcloths |  |  |  |
|  | Replaces bathroom supplies when needed |  |  |  |
|  | Replaces cleaning supplies when needed |  |  |  |
| Home Maintenance | | | | |
|  | Adjusts room temperature |  |  |  |
|  | Cares for indoor plants |  |  |  |
|  | Maintains emergency alarms |  |  |  |
|  | Uses common household tools (e.g. hammer, screwdriver) |  |  |  |
|  | Performs simple home maintenance tasks |  |  |  |
|  | Identifies need for repairman |  |  |  |
|  | Demonstrates safe use/maintenance of a variety of lawn/garden tools |  |  |  |
|  | Performs yard maintenance |  |  |  |
|  | Puts out trash containers for collection |  |  |  |
|  | Sweeps porch, driveway, sidewalk, patio |  |  |  |
|  | Recycles |  |  |  |
| Meal Planning Skills | | | | |
|  | Identifies/plans well-balanced meals |  |  |  |
|  | Estimates cost of planned meals |  |  |  |
|  | Plans a meal utilizing available foods |  |  |  |
|  | Plans an appropriate amount of food for number of people eating |  |  |  |
|  | Plans simple snacks or desserts |  |  |  |
| Buying and Preparing Food | | | | |
|  | Makes a shopping list before going grocery shopping |  |  |  |
|  | Identifies places to buy food other than a grocery store |  |  |  |
|  | Uses a shopping cart |  |  |  |
|  | Locates various items within departments |  |  |  |
|  | Requests assistance from store employee as needed |  |  |  |
|  | Selects items on shopping list |  |  |  |
|  | Buys appropriate quantities of perishable food for needs |  |  |  |
|  | Waits/uses check out lines |  |  |  |
|  | Identifies/uses common cooking ingredients |  |  |  |
|  | Demonstrates proper food handling skills |  |  |  |
|  | Demonstrates skill in common food preparation tasks |  |  |  |
|  | Demonstrates proper use of measurement tools (cups, spoons) |  |  |  |
|  | Understands common cooking terms |  |  |  |
|  | Prepares meals |  |  |  |
|  | Stores food safely |  |  |  |
| Kitchen Skills | | | | |
|  | Demonstrates proper use of common cooking utensils |  |  |  |
|  | Demonstrates proper use of kitchen appliances |  |  |  |
|  | Demonstrates safety rules associated with using appliances |  |  |  |
|  | Identifies spoiled versus non-spoiled food |  |  |  |
|  | Identifies dirty dishes |  |  |  |
|  | Washes dishes |  |  |  |
|  | Puts clean dishes away |  |  |  |
|  | Identifies cleaning supplies/equipment and uses |  |  |  |
|  | Maintains a clean kitchen |  |  |  |
| Table Setting/Clearing | | | | |
|  | Selects items to set a table |  |  |  |
|  | Selects number of settings for persons eating |  |  |  |
|  | Sets table using utensils, dishes, and napkins |  |  |  |
|  | Clears table after eating |  |  |  |
|  | Scrapes/rinses/stacks dishes after a meal |  |  |  |
|  | Loads and operates a dishwasher |  |  |  |
| Laundry Skills | | | | |
|  | Identifies items that need to be washed |  |  |  |
|  | Sorts clothing |  |  |  |
|  | Follows garment care recommendations |  |  |  |
|  | Uses washer/dryer |  |  |  |
|  | Washes clothes by hand |  |  |  |
|  | Uses laundry products |  |  |  |
|  | Uses coin-operated washer/dryer |  |  |  |
|  | Folds clothes |  |  |  |
| Clothing Maintenance | | | | |
|  | Stores dirty clothing/linen in laundry container |  |  |  |
|  | Irons clothes |  |  |  |
|  | Puts clothing away |  |  |  |
|  | Performs minor mending tasks |  |  |  |
|  | Disposes or recycles clothing when needed |  |  |  |
| Home Safety/Emergencies | | | | |
|  | Recognizes household dangers |  |  |  |
|  | Identifies common household poisons |  |  |  |
|  | Recognizes sounds made by smoke detectors in the residence |  |  |  |
|  | Demonstrates ability to handle household emergencies |  |  |  |
|  | Plans/follows an emergency route |  |  |  |
|  | Demonstrates fire safety |  |  |  |
|  | Plans how to handle adverse weather/nature related events |  |  |  |
|  | Indicates location of emergency information |  |  |  |
|  | Demonstrates ability to use 911 |  |  |  |
| Telephone Skills | | | | |
|  | Recites own phone number |  |  |  |
|  | Carries/locates written telephone numbers |  |  |  |
|  | Uses phone book/directory assistance |  |  |  |
|  | Demonstrates ability to make personal/business phone calls |  |  |  |
|  | Displays appropriate telephone etiquette |  |  |  |
|  | Takes/relays phone messages |  |  |  |
|  | Recognizes/uses caller ID |  |  |  |
|  | Recognizes/  demonstrates ability to use automated telephone services |  |  |  |
|  | Demonstrates ability to use voice mail |  |  |  |
|  | Demonstrates ability to use toll free numbers |  |  |  |
|  | Recognizes that there is a charge when 1-900 numbers are called |  |  |  |
|  | Demonstrates ability to make/accept a collect call |  |  |  |
|  | Demonstrates ability to handle telephone solicitors |  |  |  |
|  | Demonstrates ability to handle prank phone calls |  |  |  |
|  | Demonstrates ability to use pay phones/cell phones |  |  |  |
| Home Leisure | | | | |
|  | Reads/looks at materials of interest |  |  |  |
|  | Participates in hobby or craft project |  |  |  |
|  | Operates/listens to radio |  |  |  |
|  | Operates/listens to CD’s, MP3s and headphones |  |  |  |
|  | Operates/watches TV |  |  |  |
|  | Operates/listens to VCR/DVD |  |  |  |
|  | Uses a computer |  |  |  |
|  | Plays board/card games |  |  |  |
|  | Plays electronic games |  |  |  |
|  | Organizes social gatherings |  |  |  |
|  | Writes and sends email and text messages |  |  |  |
|  | Safeguards personal information |  |  |  |
| Selecting and Managing a Household | | | | |
|  | Identifies the pros/cons of residential living options |  |  |  |
|  | Identifies support that may be needed within various living options |  |  |  |
|  | Identifies/accesses assistance/services |  |  |  |
|  | Knows how to set up a household |  |  |  |