## Skills Assessment/Planning Guide

**DOMAIN: SELF-MANAGEMENT**

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<tr>
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<th>Instructional Priority for this year?</th>
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### Eating Skills

1. Drinks
2. Chews/swallows
3. Eats finger foods
4. Uses table utensils

### Dressing Skills

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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### Toileting Skills

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

### Personal Hygiene Skills

16. Controls drooling
17. Cares for oral hygiene
18. Blows/wipes nose appropriately
19. Sneeze/coughs appropriately
20. Bathes/showers
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<tr>
<td><strong>21.</strong></td>
<td>Washes face</td>
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<td><strong>22.</strong></td>
<td>Washes hands</td>
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<tr>
<td><strong>23.</strong></td>
<td>Acknowledge the importance of skin care</td>
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<tr>
<td><strong>24.</strong></td>
<td>Performs hair care</td>
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<tr>
<td><strong>25.</strong></td>
<td>Uses deodorant</td>
<td></td>
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<tr>
<td><strong>26.</strong></td>
<td>Identify proper products for hygiene and where to obtain them</td>
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<tr>
<td><strong>27.</strong></td>
<td>Takes care of feminine hygiene needs</td>
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<tr>
<td><strong>Grooming Skills</strong></td>
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<tr>
<td><strong>28.</strong></td>
<td>Combs/brushes hair</td>
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<tr>
<td><strong>29.</strong></td>
<td>Takes care of nails</td>
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<td><strong>30.</strong></td>
<td>Shaves</td>
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<tr>
<td><strong>31.</strong></td>
<td>Uses cosmetics</td>
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<td>Yes/No</td>
<td>32. Indicates where medical attention is available</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>33. Distinguishes between prescription and non prescription drugs</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>34. Takes medication appropriately</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>35. Reports seizures or when feeling ill</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>36. Identifies illnesses/injuries that require medical interventions</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>37. Demonstrates knowledge of common illness and injury prevention and treatment</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>38. Development and maintain an exercise program</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>39. Demonstrates ability to access community health facilities</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td><strong>Personal Safety</strong></td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>40. Recognizes need for personal safety</td>
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<td>Yes/No</td>
<td>Yes/No</td>
<td>41. Avoids dangerous places/situations</td>
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<td>42.</td>
<td>Demonstrates actions to take in the event of an emergency</td>
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<td>43.</td>
<td>Demonstrates ability to get assistance</td>
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<td>44.</td>
<td>Demonstrates awareness of appropriate touching</td>
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<td>45.</td>
<td>Demonstrates stranger safety</td>
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<td>46.</td>
<td>Demonstrates how to handle money safely</td>
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<td>47.</td>
<td>Uses personal identification cards</td>
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<td>48.</td>
<td>Manages possessions appropriately</td>
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<td></td>
<td>Decision Making Skills</td>
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<tr>
<td>49.</td>
<td>Recognizes a problem</td>
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<td>50.</td>
<td>Anticipates consequences</td>
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<td>51.</td>
<td>Locates/utilizes sources of assistance</td>
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<td>52.</td>
<td>Develops/evaluates alternatives</td>
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<td>Demonstrates decision making skills</td>
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