

## **Suggested Transition Activities for "Acquisition of Daily Living Skills"**

1. Visit community agencies that provide daily living skills training to adults
2. Develop a contact list of agencies that provide residential supports in this county
3. Meet with and interview adults with disabilities and their families who are receiving residential supports
4. Register with the Department of Human Services
5. Contact a DHS case manager to be placed on the residential service waiting list
6. Visit/tour a variety of adult housing options with supports
7. Develop a network of informal supports (friends, neighbors, etc.)
8. Explore possible technology and adaptive assistance
9. Develop emergency procedures for use at home
10. Take courses in foods, family life, child development, and life management
11. Understand directions for taking medications
12. Select a primary care physician and dentist
13. Schedule and keep medical appointments
14. File taxes
15. Take childcare classes
16. Take a cooking class
17. Knows where and how to find post school housing
18. Sign up for utilities (gas, water, electric, telephone, cable, etc.)
19. Learn to operate a washer and dryer
20. Visit a local car dealer to determine whether to buy or lease a car
21. Prepare an initial housing budget (down payment, furniture, bath towels, cleansers, utilities, etc.)

22. Cost compare for household items (appliances, linens, etc.)
23. Meet with a doctor to discuss birth control/family planning options
24. Manage daily time schedule
25. Open a checking/savings account
26. Manage money and pay bills
27. Meet with a family financial planner
28. Listen to the weather forecast to plan daily/weekly outings
29. Develop a personal fitness routine
30. Obtain a bank ATM card
31. Visit a bank to discuss a car or school loan
32. Meet with a potential landlord
33. Investigate local insurance companies for automobile and rental or homeowner's insurance
34. Maintain a home or residence interior and exterior
35. Purchase food
36. Prepare meals
37. Purchase clothing and learn how to care for clothes
38. Learn about the physical and personal care of children
39. Learn and practice decision making skills
40. Time management skills
41. Consumer skills
42. Cares for personal toileting needs
43. Dresses and undresses self

44. Able to communicate personal information (i.e. name, address, gender, telephone number)
45. Prepares and serves foods which require little or no cooking
46. Demonstrates acceptable eating behaviors (i.e. uses utensils appropriately, chews with mouth shut, takes appropriate sized bites, uses napkin, practices good manners)
47. Makes local calls and responds appropriately to incoming calls
48. Dresses appropriately for specific situations (i.e. weather, special events, casual, seasonal)
49. Able to maintain a comfortable room temperature in the home (i.e. open and close windows, adjust thermostat, open and close doors)
50. Chooses and wears clothing appropriate in size, color, pattern, and style
51. Demonstrates safety precautions in the home (i.e. use of locks, proper use of appliances)
52. Recognizes when clothing repair is necessary and can either mend the item or arrange for assistance
53. Demonstrates an understanding of words found in the home environment (i.e. on appliances, on medicines, on recipes)
54. Acts responsibly in caring for own and others' property
55. Able to prepare and serve simple foods which require cooking
56. Maintains a neat appearance (i.e. hair style, proper use of make-up, appropriate shaving, clean clothing)
57. Maintains a clean body (i.e. bathes, uses deodorant, brushes teeth, cares for menstrual needs, washes/dries hair)
58. Recognizes when specific things need cleaning (i.e. sinks, floors, clothing)
59. Able to determine temperature by reading a thermometer
60. Prepares and serves at least 3 simple meals which require little or no cooking
61. Demonstrates proper judgment in food storage

62. Knows how and when to seek medical assistance
63. Treats minor illnesses (i.e. headaches, nausea, fever, body aches)
64. Maintains own bedroom
65. Performs light household maintenance (i.e. simple repairs, change light bulbs, unclog drain)
66. Demonstrates qualities of a good citizen (i.e. obeys rules and laws, shows consideration for others, respects the environment)
67. Develops a shopping list based on recognized household and personal needs
68. Has an acceptable understanding of concepts related to sexual awareness
69. Sorts, washes, dries, folds, and puts away laundry
70. Performs basic first aid skills (i.e. treating cuts and burns, performing the Heimlich maneuver)
71. Understands measurement as it applies to everyday living
72. Demonstrates advanced telephone skills (i.e. long distance, phone card, directory, directory assistance, taking messages, call waiting/forwarding, cell phone)
73. Performs written correspondence
74. Practices preventive health care (i.e. manages body weight, gets sufficient sleep, does not abuse alcohol/drugs, makes and keeps routine medical/dental appointments)
75. Knows how to respond to household emergency situations (i.e. plumbing problems, heating problems, fire, accidents, poisoning, weather emergencies)