

Home Life Skills

Scary Questions

By the time _____ is _____ I/he/she will:

1. Be living independently - taking on adult rights, responsibilities and household duties
2. Be managing and maintaining my/his/her home. Home may be:
 - own house/flat
 - sharing a house/flat with others
 - remaining in the family home but taking on adult rights and responsibilities

Functional Skills Checklist¹

Goal	Current Skill Level*	Priority	Plan to start by	Notes (including target dates)
<input type="checkbox"/> Identifies and undertakes financial, legal and social responsibilities associated with different types of accommodation (including rights and responsibilities of a tenant and landlord)	1 2 3 4 5 6			
<input type="checkbox"/> Pays their portion of the bills, rent/board, food, electricity	1 2 3 4 5 6			
<input type="checkbox"/> Shares responsibilities such as cleaning and cooking	1 2 3 4 5 6			
<input type="checkbox"/> Manages with social issues such as compatibility, conflict, private and communal space	1 2 3 4 5 6			
<input type="checkbox"/> Selects, purchases, cleans and maintains own furniture and home accessories	1 2 3 4 5 6			
<input type="checkbox"/> Participates in household/family decisions	1 2 3 4 5 6			

¹ Includes sections modified from **Appendix G: Functional Analysis of Behavior** Baska, L, Kaufman, A, Gaumer, A, Morningstar, M, Lattin, D, and Peterson, T 2003, *The Community Transition Program: Experiences starting a community-based program for students ages 18-21*, University of Kansas, Department of Special Education. accessed 14/8/2006 www.transitioncoalition.org and www.transitioncoalition.org/~tcacs/new/files/47365_FINAL_WEB.pdf (7.6MB)

*** Skill Level**

1 Cooperating: Accepting assistance

2 Beginning: Attempting a skill

3 Consolidating: Practicing a skill

4 Established: Consistently demonstrate a skill

5 Transferred: Use a skill across situations

6 Full Responsibility for using and maintaining an activity/ sequence

Negotiating the Maze Life Domain Worksheet

Home Life Skills

Goal	Current Skill Level*	Priority	Plan to start by	Notes (including target dates)
<input type="checkbox"/> Plans outings with household/family/friends	1 2 3 4 5 6			
<input type="checkbox"/> Cares for pet(s)	1 2 3 4 5 6			
Home Safety and Security	1 2 3 4 5 6			
<input type="checkbox"/> Assumes responsibility for personal items (wallet, diary/day-planner, shoes, bags, clothes etc.)	1 2 3 4 5 6			
<input type="checkbox"/> Maintains home/rental insurance	1 2 3 4 5 6			
<input type="checkbox"/> Secures house (keys and locks)	1 2 3 4 5 6			
<input type="checkbox"/> Identifies and takes action to correct/avoid potential hazards in and around the home	1 2 3 4 5 6			
<input type="checkbox"/> Uses safety measures when using electricity and gas	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates safe use, storage and disposal of household cleaners and chemicals	1 2 3 4 5 6			
<input type="checkbox"/> Knows fire exits and emergency procedures	1 2 3 4 5 6			
<input type="checkbox"/> Knows where and how to turn off water supply	1 2 3 4 5 6			
<input type="checkbox"/> Knows how and when to call emergency services	1 2 3 4 5 6			
<input type="checkbox"/> Knows where emergency supplies are kept (flashlight	1 2 3 4 5 6			

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<input type="checkbox"/> Uses household appliances	1 2 3 4 5 6			
<input type="checkbox"/> Identifies situations when appliances	1 2 3 4 5 6			
<input type="checkbox"/> Identifies and demonstrates how to attend or hold a safe party (noise restrictions)	1 2 3 4 5 6			
<input type="checkbox"/> Answers the door	1 2 3 4 5 6			
<input type="checkbox"/> Finds out who is there before unlocking the door	1 2 3 4 5 6			
<input type="checkbox"/> Uses appropriate social skills if they know the person	1 2 3 4 5 6			
<input type="checkbox"/> Knows how to respond if they do not know the person (couriers, salespeople etc.)	1 2 3 4 5 6			
<input type="checkbox"/> Knows how to respond to door knock appeals (rights, credentials, scams...)	1 2 3 4 5 6			
Downtime at home with flatmates	1 2 3 4 5 6			
<input type="checkbox"/> Shares items	1 2 3 4 5 6			
<input type="checkbox"/> Initiates activities with housemates, friends and family	1 2 3 4 5 6			
<input type="checkbox"/> Listens to music, watches TV, plays games	1 2 3 4 5 6			
<input type="checkbox"/> Identifies and maintains acceptable volume levels	1 2 3 4 5 6			

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<input type="checkbox"/> Checks to see if housemate is studying, sleeping, talking on phone, listening to music already, etc.	1 2 3 4 5 6			
<input type="checkbox"/> Uses headphones, if appropriate	1 2 3 4 5 6			
<input type="checkbox"/> Checks to see if housemate is "not in the mood"	1 2 3 4 5 6			
<input type="checkbox"/> Negotiates with housemates what music/show/game will be played	1 2 3 4 5 6			
<input type="checkbox"/> Handles conflicts between housemates	1 2 3 4 5 6			
<input type="checkbox"/> Picks up subtle cues from housemates	1 2 3 4 5 6			
<input type="checkbox"/> Gives housemates space and privacy (and is given space and privacy)	1 2 3 4 5 6			
<input type="checkbox"/> Avoids going into others' bedrooms if they are not around	1 2 3 4 5 6			
<input type="checkbox"/> Knocks on doors before entering	1 2 3 4 5 6			
<input type="checkbox"/> Uses appropriate levels of touching	1 2 3 4 5 6			
<input type="checkbox"/> Avoids interrupting if another person is involved in an activity	1 2 3 4 5 6			
<input type="checkbox"/> Asks before entering someone's bedroom	1 2 3 4 5 6			

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Phone Etiquette	1 2 3 4 5 6			
<input type="checkbox"/> Knows/finds phone numbers	1 2 3 4 5 6			
<input type="checkbox"/> Makes phone calls	1 2 3 4 5 6			
<input type="checkbox"/> Asks for correct person	1 2 3 4 5 6			
<input type="checkbox"/> Identifies self-using first name	1 2 3 4 5 6			
<input type="checkbox"/> Asks if the person is busy	1 2 3 4 5 6			
<input type="checkbox"/> Responds appropriately if person is busy	1 2 3 4 5 6			
<input type="checkbox"/> Raises subject to discuss	1 2 3 4 5 6			
<input type="checkbox"/> Initiates appropriate casual conversation	1 2 3 4 5 6			
<input type="checkbox"/> Follows/maintains a one-topic conversation to completion	1 2 3 4 5 6			
<input type="checkbox"/> Answers questions asked	1 2 3 4 5 6			
<input type="checkbox"/> Makes appropriate requests	1 2 3 4 5 6			
<input type="checkbox"/> Makes thorough plans	1 2 3 4 5 6			
<input type="checkbox"/> Initiates closing/winding up the conversation	1 2 3 4 5 6			

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<input type="checkbox"/> Identifies and responds quickly when other person winds up the conversation	1 2 3 4 5 6			
<input type="checkbox"/> Says good-bye once	1 2 3 4 5 6			
<input type="checkbox"/> Leaves appropriate message on answering machine with phone number	1 2 3 4 5 6			
<input type="checkbox"/> Answers phone calls for self and others	1 2 3 4 5 6			
<input type="checkbox"/> Takes messages for housemates	1 2 3 4 5 6			
<input type="checkbox"/> Knows how to respond to telemarketers/cold callers	1 2 3 4 5 6			
Cleaning the house	1 2 3 4 5 6			
<input type="checkbox"/> Identifies when and how often to do specific chores	1 2 3 4 5 6			
<input type="checkbox"/> Negotiates and develops a household duties/chores schedule	1 2 3 4 5 6			
<input type="checkbox"/> Does their share of household duties/chores (without reminders)	1 2 3 4 5 6			
<input type="checkbox"/> Identifies and uses appropriate equipment and cleaning products for each cleaning task	1 2 3 4 5 6			
<input type="checkbox"/> Vacuums the carpet	1 2 3 4 5 6			
<input type="checkbox"/> Sweeps the floor	1 2 3 4 5 6			

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<input type="checkbox"/> Mops the floor	1 2 3 4 5 6			
<input type="checkbox"/> Dusts the furniture	1 2 3 4 5 6			
<input type="checkbox"/> Changes the sheets/bed linen	1 2 3 4 5 6			
<input type="checkbox"/> Cleans the bathroom	1 2 3 4 5 6			
<input type="checkbox"/> Washes the windows	1 2 3 4 5 6			
<input type="checkbox"/> Understand the different cleaning requirements for communal space vs. personal space	1 2 3 4 5 6			
<input type="checkbox"/> Carries out routine house maintenance	1 2 3 4 5 6			
<input type="checkbox"/> Changes light bulbs	1 2 3 4 5 6			
<input type="checkbox"/> Replaces batteries in smoke detectors	1 2 3 4 5 6			
<input type="checkbox"/> Arranges for specialised house maintenance	1 2 3 4 5 6			
<input type="checkbox"/> Identifies what maintenance needs to be carried out by a qualified tradesperson	1 2 3 4 5 6			
<input type="checkbox"/> Identifies the type of person/agency to contact	1 2 3 4 5 6			
<input type="checkbox"/> Reports problems/need for repairs to person/agency	1 2 3 4 5 6			

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<input type="checkbox"/> Arranges for maintenance to be carried out (carpet cleaners, pest control, plumbers, electrician etc.)	1 2 3 4 5 6			
Laundry	1 2 3 4 5 6			
<input type="checkbox"/> Uses the washing machine to wash clothes, bed linen, towels etc.	1 2 3 4 5 6			
<input type="checkbox"/> Hangs up the clothes / uses clothes dryer	1 2 3 4 5 6			
<input type="checkbox"/> Plans for possible changes in the weather (when to take washing off the line)	1 2 3 4 5 6			
<input type="checkbox"/> Folds clothes	1 2 3 4 5 6			
<input type="checkbox"/> Irons clothes	1 2 3 4 5 6			
<input type="checkbox"/> Mends clothes (buttons, hems...)	1 2 3 4 5 6			
<input type="checkbox"/> Puts away clothes	1 2 3 4 5 6			
Bedroom	1 2 3 4 5 6			
<input type="checkbox"/> Cleans room	1 2 3 4 5 6			
<input type="checkbox"/> Strips bed sheets	1 2 3 4 5 6			
<input type="checkbox"/> Washes bed sheets	1 2 3 4 5 6			

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<input type="checkbox"/> Makes bed	1 2 3 4 5 6			
Garden	1 2 3 4 5 6			
<input type="checkbox"/> Plants a garden	1 2 3 4 5 6			
<input type="checkbox"/> Weeds, prunes and fertilises the garden	1 2 3 4 5 6			
<input type="checkbox"/> Rakes the leaves	1 2 3 4 5 6			
<input type="checkbox"/> Sweeps the pavement	1 2 3 4 5 6			
<input type="checkbox"/> Mows the lawn	1 2 3 4 5 6			
<input type="checkbox"/> Trims the hedge	1 2 3 4 5 6			
<input type="checkbox"/> Uses and maintains garden tools appropriately (fork, rake, shovel, trowel, clippers etc.)	1 2 3 4 5 6			
<input type="checkbox"/> Maintains a compost heap/worm farm	1 2 3 4 5 6			
<input type="checkbox"/> Waters the garden - providing an appropriate amount of water	1 2 3 4 5 6			
<input type="checkbox"/> Understands and follows water restrictions	1 2 3 4 5 6			
Grocery Shopping	1 2 3 4 5 6			
<input type="checkbox"/> Decides what to eat	1 2 3 4 5 6			

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<input type="checkbox"/> Recognises, selects, prepares and eats foods that are nutritious	1 2 3 4 5 6			
<input type="checkbox"/> Understands the relationship between diet, physical activity and health	1 2 3 4 5 6			
<input type="checkbox"/> Identifies the food components of a balanced diet	1 2 3 4 5 6			
<input type="checkbox"/> Reads and understands food nutrition labels	1 2 3 4 5 6			
<input type="checkbox"/> Develops weekly eating plans suitable for different occasions such as a regular week, a holiday, a time when you may be recovering from an illness	1 2 3 4 5 6			
<input type="checkbox"/> Identifies items needed (including quantity needed)	1 2 3 4 5 6			
<input type="checkbox"/> Plans menus	1 2 3 4 5 6			
<input type="checkbox"/> Checks/chooses fresh food	1 2 3 4 5 6			
<input type="checkbox"/> Checks/chooses low fat and low calorie foods	1 2 3 4 5 6			
<input type="checkbox"/> Avoids buying excessively	1 2 3 4 5 6			
<input type="checkbox"/> Manages grocery budget	1 2 3 4 5 6			
<input type="checkbox"/> Compares unit prices	1 2 3 4 5 6			
<input type="checkbox"/> Asks shop employee if they can't find something	1 2 3 4 5 6			

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<input type="checkbox"/> Identifies and demonstrates appropriate behaviour when shopping	1 2 3 4 5 6			
<input type="checkbox"/> Identifies open checkout lane (different types of checkouts - cash only, limited number of items, self-scan check-out)	1 2 3 4 5 6			
<input type="checkbox"/> Exchanges money	1 2 3 4 5 6			
<input type="checkbox"/> Gives correct amount of money	1 2 3 4 5 6			
<input type="checkbox"/> Checks to make sure right amount of change is received	1 2 3 4 5 6			
<input type="checkbox"/> Pack items away	1 2 3 4 5 6			
<input type="checkbox"/> Returns shopping trolley	1 2 3 4 5 6			
<input type="checkbox"/> Unpacks and stores food appropriately once home (food hygiene)	1 2 3 4 5 6			
Meal preparation	1 2 3 4 5 6			
<input type="checkbox"/> Washes hands	1 2 3 4 5 6			
<input type="checkbox"/> Decides what to cook	1 2 3 4 5 6			
<input type="checkbox"/> Cleans and cuts vegetables	1 2 3 4 5 6			
<input type="checkbox"/> Operate appliances and other kitchen tools. This may include:	1 2 3 4 5 6			

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<input type="checkbox"/> Stovetop	1 2 3 4 5 6			
<input type="checkbox"/> Oven	1 2 3 4 5 6			
<input type="checkbox"/> Grill	1 2 3 4 5 6			
<input type="checkbox"/> Exhaust fan	1 2 3 4 5 6			
<input type="checkbox"/> Microwave	1 2 3 4 5 6			
<input type="checkbox"/> Toaster	1 2 3 4 5 6			
<input type="checkbox"/> Kettle	1 2 3 4 5 6			
<input type="checkbox"/> Dishwasher	1 2 3 4 5 6			
<input type="checkbox"/> Electric beater	1 2 3 4 5 6			
<input type="checkbox"/> Food processor	1 2 3 4 5 6			
<input type="checkbox"/> Blender	1 2 3 4 5 6			
<input type="checkbox"/> Sandwich maker	1 2 3 4 5 6			
<input type="checkbox"/> Coffee maker, grinder, plunger etc.	1 2 3 4 5 6			
<input type="checkbox"/> Can opener	1 2 3 4 5 6			

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<input type="checkbox"/> Bottle opener/waiters friend	1 2 3 4 5 6			
<input type="checkbox"/> Knives	1 2 3 4 5 6			
<input type="checkbox"/> Measuring cups and spoons	1 2 3 4 5 6			
<input type="checkbox"/> Grater	1 2 3 4 5 6			
<input type="checkbox"/> Timer	1 2 3 4 5 6			
<input type="checkbox"/> Colander	1 2 3 4 5 6			
<input type="checkbox"/> Juicer	1 2 3 4 5 6			
<input type="checkbox"/> Locates cooking utensils/tools	1 2 3 4 5 6			
<input type="checkbox"/> Follows a recipe	1 2 3 4 5 6			
<input type="checkbox"/> Follows/reads directions	1 2 3 4 5 6			
<input type="checkbox"/> Sets the table	1 2 3 4 5 6			
<input type="checkbox"/> Makes sure appliances are switched off	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates food preparation time-management skills	1 2 3 4 5 6			

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Clean-up after meals	1 2 3 4 5 6			
<input type="checkbox"/> Clears the table	1 2 3 4 5 6			
<input type="checkbox"/> Puts leftover food away	1 2 3 4 5 6			
<input type="checkbox"/> Washes dishes / stacks dishwasher	1 2 3 4 5 6			
<input type="checkbox"/> Wipes counters	1 2 3 4 5 6			
<input type="checkbox"/> Empties dish washer	1 2 3 4 5 6			
<input type="checkbox"/> Puts clean dishes and cutlery away	1 2 3 4 5 6			
Heating Leftovers	1 2 3 4 5 6			
<input type="checkbox"/> Identifies when leftovers are no longer edible	1 2 3 4 5 6			
<input type="checkbox"/> Uses microwave	1 2 3 4 5 6			
<input type="checkbox"/> Uses microwave safe bowls etc., if using microwave	1 2 3 4 5 6			
<input type="checkbox"/> Determines when items are hot	1 2 3 4 5 6			
<input type="checkbox"/> Cleans microwave, if required	1 2 3 4 5 6			

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Garbage and recycling	1 2 3 4 5 6			
<input type="checkbox"/> Identifies (and recycles) materials in the home that can be recycled	1 2 3 4 5 6			
<input type="checkbox"/> Replaces kitchen tidy bin liners as needed	1 2 3 4 5 6			
<input type="checkbox"/> Takes out garbage and recycling	1 2 3 4 5 6			
<input type="checkbox"/> Wheels garbage/recycling bins to street before pickup	1 2 3 4 5 6			
<input type="checkbox"/> Knows when it is garbage collection day	1 2 3 4 5 6			
<input type="checkbox"/> Knows when it is recycling collection day	1 2 3 4 5 6			
<input type="checkbox"/> Stores garbage/recycling bins away after pickup	1 2 3 4 5 6			
Mail	1 2 3 4 5 6			
<input type="checkbox"/> Mail bills and letters	1 2 3 4 5 6			
<input type="checkbox"/> Buy stamps	1 2 3 4 5 6			
<input type="checkbox"/> Collects mail	1 2 3 4 5 6			
Energy Conservation	1 2 3 4 5 6			
<input type="checkbox"/> Identifies and demonstrates strategies to conserve energy in the home	1 2 3 4 5 6			

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<input type="checkbox"/> Turns off lights when area not in use	1 2 3 4 5 6			
<input type="checkbox"/> Reduces length of shower	1 2 3 4 5 6			
<input type="checkbox"/> Uses energy efficient lights bulbs	1 2 3 4 5 6			
<input type="checkbox"/> Uses/purchases electrical appliances with high energy efficiency ratings etc.	1 2 3 4 5 6			
Other	1 2 3 4 5 6			
	1 2 3 4 5 6			
	1 2 3 4 5 6			
	1 2 3 4 5 6			
	1 2 3 4 5 6			
	1 2 3 4 5 6			
	1 2 3 4 5 6			

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