

Social Networks & Life in the Community

Scary Questions

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

1. Developing and maintaining a satisfying and sustainable social life / social network
2. Actively participating in community life
3. Going out with friends
4. Drinking alcohol
5. Going out on dates
6. Having sex
7. Getting married/ forming a de facto relationship
8. Having children



Functional Skills Checklist

Goal	Current Skill Level*	Priority	Plan to start by	Notes (including target dates)
Time Management	1 2 3 4 5 6			
<input type="checkbox"/> Manages down-time/free-time	1 2 3 4 5 6			
<input type="checkbox"/> Schedules time to meet friends	1 2 3 4 5 6			
<input type="checkbox"/> Calculates appropriate travel time to get to and from appointments	1 2 3 4 5 6			
<input type="checkbox"/> Keeps track of appointments using a calendar, diary, day planner and/or electronic planner etc.	1 2 3 4 5 6			
<input type="checkbox"/> Uses a Daily Planner	1 2 3 4 5 6			
<input type="checkbox"/> Identifies month, day and date	1 2 3 4 5 6			
<input type="checkbox"/> Uses planner for management of day	1 2 3 4 5 6			
<input type="checkbox"/> Locates correct day	1 2 3 4 5 6			
<input type="checkbox"/> Has planner readily available to use	1 2 3 4 5 6			

*** 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

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<input type="checkbox"/> Schedules and enters haircuts, dental appointments, doctor's appointments etc.	1 2 3 4 5 6			
<input type="checkbox"/> Identifies if there is a schedule conflict	1 2 3 4 5 6			
<input type="checkbox"/> Records and keep track of phone numbers associated with appointments	1 2 3 4 5 6			
<input type="checkbox"/> Enters reminders for transportation scheduling	1 2 3 4 5 6			
<input type="checkbox"/> Enters and maintains an address book	1 2 3 4 5 6			
Social Skills and Responsibilities	1 2 3 4 5 6			
<input type="checkbox"/> Identifies when, who and how to ask for help	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates effective interpersonal and group communication skills	1 2 3 4 5 6			
<input type="checkbox"/> Greets and interacts with people confidently and appropriately	1 2 3 4 5 6			
<input type="checkbox"/> Reads body language cues / facial expressions	1 2 3 4 5 6			
<input type="checkbox"/> Joins in conversations	1 2 3 4 5 6			
<input type="checkbox"/> Uses appropriate language	1 2 3 4 5 6			
<input type="checkbox"/> Uses appropriate tone (e.g. casual, formal talk)	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates active listening skills	1 2 3 4 5 6			
<input type="checkbox"/> Initiates closing/winding up the conversation	1 2 3 4 5 6			
<input type="checkbox"/> Gives compliments	1 2 3 4 5 6			
<input type="checkbox"/> Responds appropriately when receiving a compliment	1 2 3 4 5 6			

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<input type="checkbox"/> Apologises, as appropriate	1 2 3 4 5 6			
<input type="checkbox"/> Waits for their turn	1 2 3 4 5 6			
<input type="checkbox"/> Understands and responds to conversational styles and accents from people from various countries and cultures	1 2 3 4 5 6			
<input type="checkbox"/> Requests politely for a speaker to rephrase or repeat comments if they do not understand ¹	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates awareness of personal space	1 2 3 4 5 6			
<input type="checkbox"/> Initiates and responds to humour	1 2 3 4 5 6			
<input type="checkbox"/> Responds appropriately to criticism	1 2 3 4 5 6			
<input type="checkbox"/> Expresses personal feelings, reactions and ideas in an appropriate manner	1 2 3 4 5 6			
<input type="checkbox"/> Identifies and uses appropriate strategies to deal with peer pressure, bullying and harassment	1 2 3 4 5 6			
<input type="checkbox"/> Understands the link between behaviour and consequences	1 2 3 4 5 6			
<input type="checkbox"/> Understands and follows rules and laws	1 2 3 4 5 6			
<input type="checkbox"/> Understands their rights and responsibilities as an Australian citizen/permanent resident	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates an awareness and appreciation for the different cultures within the community	1 2 3 4 5 6			

¹ NSW Board of Studies 2007, **Stage 6 Life Skills Course - English Life Skills Syllabus**, pg 40, accessed 19/11/2007, www.boardofstudies.nsw.edu.au/syllabus_hsc/lifeskills_index.html

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Sexual relationships	1 2 3 4 5 6			
<input type="checkbox"/> Identifies and implements habits and lifestyle practices that can prevent the transmission of sexually transferable diseases	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates an understanding of possible consequences of a range of sexual activities and know how to seek advice or assistance if necessary ²	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates an understanding of emotional aspects of relationships including how to maintain a healthy relationship	1 2 3 4 5 6			
Accessing Community Facilities	1 2 3 4 5 6			
<input type="checkbox"/> Locates accesses and uses community facilities. These may include:	1 2 3 4 5 6			
<input type="checkbox"/> Public toilets	1 2 3 4 5 6			
<input type="checkbox"/> Public phones	1 2 3 4 5 6			
<input type="checkbox"/> Banks	1 2 3 4 5 6			
<input type="checkbox"/> Libraries	1 2 3 4 5 6			
<input type="checkbox"/> Government offices and shop fronts	1 2 3 4 5 6			
<input type="checkbox"/> Education centres (Schools, TAFEs, Registered Training Organisations)	1 2 3 4 5 6			
<input type="checkbox"/> Disability Employment Network providers	1 2 3 4 5 6			

² Board of Studies NSW 2007, **Stage 6 Personal Development, Health and Physical Education Life Skills Syllabus**, accessed 19/11/2007, www.boardofstudies.nsw.edu.au/syllabus_hsc/lifeskills_index.html

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<input type="checkbox"/> Centrelink Offices	1 2 3 4 5 6			
<input type="checkbox"/> Community centres and agencies	1 2 3 4 5 6			
<input type="checkbox"/> Police stations and law courts	1 2 3 4 5 6			
<input type="checkbox"/> Poling stations	1 2 3 4 5 6			
<input type="checkbox"/> Post offices	1 2 3 4 5 6			
<input type="checkbox"/> Internet Cafes	1 2 3 4 5 6			
<input type="checkbox"/> Medicare Offices	1 2 3 4 5 6			
<input type="checkbox"/> Medical centres, pharmacies, hospitals	1 2 3 4 5 6			
Holidays and special outings (weekends away, annual holidays, day-trips etc.)	1 2 3 4 5 6			
<input type="checkbox"/> Plans, budgets and goes on holidays	1 2 3 4 5 6			
<input type="checkbox"/> Locates information to assist in planning	1 2 3 4 5 6			
<input type="checkbox"/> Estimates expenses	1 2 3 4 5 6			
<input type="checkbox"/> Prepares a budget	1 2 3 4 5 6			
<input type="checkbox"/> Purchases tickets, transportation, accommodation etc.	1 2 3 4 5 6			
<input type="checkbox"/> Gathers travel documents (travel insurance, passport, visas, tickets, booking confirmations etc.)	1 2 3 4 5 6			
<input type="checkbox"/> Selects and packs appropriate clothing, toiletries, personal items, equipment	1 2 3 4 5 6			

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Social Outings	1 2 3 4 5 6			
<input type="checkbox"/> Arranges and participates in social outings with family, friends or on their own. These may include venues and/or activities such as:	1 2 3 4 5 6			
<input type="checkbox"/> Shops and malls	1 2 3 4 5 6			
<input type="checkbox"/> Movies	1 2 3 4 5 6			
<input type="checkbox"/> Parks, gardens and public BBQ facilities	1 2 3 4 5 6			
<input type="checkbox"/> Sporting Events	1 2 3 4 5 6			
<input type="checkbox"/> Gyms and sport facilities	1 2 3 4 5 6			
<input type="checkbox"/> Music concerts	1 2 3 4 5 6			
<input type="checkbox"/> Spiritual and Cultural venues	1 2 3 4 5 6			
<input type="checkbox"/> Cafes	1 2 3 4 5 6			
<input type="checkbox"/> Restaurants	1 2 3 4 5 6			
<input type="checkbox"/> Theatres, museums and galleries	1 2 3 4 5 6			
<input type="checkbox"/> Amusement arcades	1 2 3 4 5 6			
<input type="checkbox"/> Dance clubs	1 2 3 4 5 6			
<input type="checkbox"/> 18+ locations such as bars, pubs, clubs, casinos, adult shops	1 2 3 4 5 6			
<input type="checkbox"/> Birthdays, cultural or spiritual celebrations, reunions, public holidays	1 2 3 4 5 6			
<input type="checkbox"/> Finds information about locations/services	1 2 3 4 5 6			

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This Life Domain Worksheet is part of the resource **Negotiating the Maze: Transitioning from school to adult life.** www.disabilitycoordinationoffice.com.au/maze

Social Networks & Life in the Community

Goal	Current Skill Level*	Priority	Plan to start by	Notes (including target dates)
<input type="checkbox"/> Contacts venue if further information is required	1 2 3 4 5 6			
<input type="checkbox"/> Makes a booking or purchase tickets in advance, if required	1 2 3 4 5 6			
Rents DVD/computer game at DVD rental store	1 2 3 4 5 6			
<input type="checkbox"/> Understands and takes responsibility for DVD store membership rental costs and late fees	1 2 3 4 5 6			
<input type="checkbox"/> Understands and selects age-appropriate DVDs/games per classification ratings (G, PG, M, MA 15+, R, X)	1 2 3 4 5 6			
<input type="checkbox"/> Knows who and how to ask for help	1 2 3 4 5 6			
<input type="checkbox"/> Returns DVDs in a timely manner	1 2 3 4 5 6			
<input type="checkbox"/> Pay fines, as necessary	1 2 3 4 5 6			
Restaurant Skills	1 2 3 4 5 6			
<input type="checkbox"/> Waits to be seated, if required	1 2 3 4 5 6			
<input type="checkbox"/> Reads menu / listens to information about daily specials	1 2 3 4 5 6			
<input type="checkbox"/> Places order	1 2 3 4 5 6			
<input type="checkbox"/> Waits patiently for food	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates appropriate table manners	1 2 3 4 5 6			
<input type="checkbox"/> Asks for and review bill	1 2 3 4 5 6			
<input type="checkbox"/> Calculates their share of bill(if appropriate)	1 2 3 4 5 6			

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<input type="checkbox"/> Pays bill	1 2 3 4 5 6			
Going to the Movies	1 2 3 4 5 6			
<input type="checkbox"/> Locates movie information	1 2 3 4 5 6			
<input type="checkbox"/> Selects movie	1 2 3 4 5 6			
<input type="checkbox"/> Buys ticket (and concessions, if required)	1 2 3 4 5 6			
<input type="checkbox"/> Locates and uses public restrooms, if required	1 2 3 4 5 6			
<input type="checkbox"/> Finds correct theatre	1 2 3 4 5 6			
<input type="checkbox"/> Demonstrates appropriate behaviour when entering and leaving movie	1 2 3 4 5 6			
<input type="checkbox"/> Turns off mobile phone	1 2 3 4 5 6			
<input type="checkbox"/> Sits quietly through movie	1 2 3 4 5 6			
<input type="checkbox"/> Removes own rubbish (cups, popcorn containers etc.) and places it in the bins when leaving	1 2 3 4 5 6			
Other	1 2 3 4 5 6			
	1 2 3 4 5 6			
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