Developed by the Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a Model developed by the Children's Rehabilitation Center at the University of Virginia.

Skills to learn	Can Do Already	Needs Practice	Plan to Start	Accomplishe
Kitchen:				-
Operate appliances (cook top, oven, microwave, toaster, dishwasher)				
Use common kitchen tools (can opener, bottle opener, knife, measuring cups and spoons, grater, timer, egg beater, ice cream scoop)				
Help plan and prepare meals				
Follow a recipe				
Put away the leftovers				
Set the table				
Do the dishes				
Familiarity with contents of packaged foods				
Laundry				
Put dirty clothes in hamper				
Sort clothes				
Use washer and dryer				
Iron				
Hand wash				
Fold clothes				
Put clothes away				
With the Family				
Watch TV news and discuss together				
Help take care of siblings				
Participate in family decisions				
Plan family outing				
Take care of pets				
Tanto car o or poto				
Housekeeping				
Clean room				
Make the bed/change the bed				
Choose decorations for room				
Minor repairs (change light bulbs,				
repair or assemble toys)				
Take out the trash				
Basic sewing/mending skills				
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Can Do Already Needs Practice Plan to Start Accomplished Skills to learn Gardening Plant a garden Mow/water the lawn Weed the garden Learn appropriate use of garden tools **Emergency** Plan fire exits and emergency Know where candles and flashlights Use a fire extinguisher Know how to turn water off Know community emergency Know where extra house key is located Unclog the sink or toilet **Personal Skills** Use the phone Have a house key **Budget allowance** Go shopping Have privacy in the bathroom Manage personal grooming (shampoo, bath, shower) Get a haircut Choose appropriate clothes to wear

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Skills to learn	Can Do Already	Needs Practice	Plan to Start	Accomplishe
Health Care Skills				
Understand health status				
Be aware of existence of medical records, diagnosis information, etc.				
Prepare questions for doctors, nurses, herapists				
Respond to questions from doctors, nurses, therapists				
Know medications and what they're or				
Get a prescription refilled				
Keep a calendar of doctor, dentist appointments				
Know height, weight, birthdate				
Learn how to read a thermometer				
Know health emergency telephone numbers				
Know medical coverage numbers				
Obtain sex education materials/birth control if indicated				
Discuss role in health maintenance				
Have genetic counseling if appropriate				
Discuss drugs and alcohol with family				
Make contact with appropriate community advocacy organization				
Take care of own menstrual needs and keep a record of monthly periods				

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Plan to Start Accomplished Can Do Already Needs Practice Skills to learn **Community Skills** Get around the city (pedestrian skills, asking directions) Use public transportation (taxi, bus, etc.) Locate bathroom in unfamiliar building (i.e. know how to ask) Know about neighborhood stores and services Use a pay phone Use a phone book Open a bank account Get a library card Get a picture ID Get a Social Security Card Use Post Office Volunteer for community services Leisure Time Skills Help plan a party Invite a friend over Subscribe to a magazine Read a book Plan a TV viewing schedule Go for a walk Join the Scouts, YMCA/YWCA, 4-H Club, etc Go to a recreation center Go to camp Attend school functions (plays, dances, concerts, sports) Go to Church Keep a calendar of events Participate in a sport

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Can Do Already Needs Practice Plan to Start Accomplished Skills to learn Skills For The Future-Education Meet with school Guidance Counselor Check future educational options Vocational/Technical Options Contact school Guidance or DVR Counselor Check on local workshops/job opportunities Find out about apprentice programs Get information from community colleges Learn how to apply for a job **Living Arrangements** Be aware of federal housing regulations for the disabled Explore group homes and tenant support apartment living programs Find out about financial assistance programs Learn how to manage money and budget household expenses Understand leases Know the responsibilities of a tenant & landlord Know how to fill out an application Check for wheelchair accessibility if needed Look into transportation Know about services: electricity, phone, water