



WORK

Ability to maintain part-time or full-time employment, either competitive or ability to work under supervision, cooperate with coworkers, be reliable and punctual, and meet work standards. Skills needed for successful functioning and finding a part-time or full-time job in a work setting, including completing work tasks, working with supervisors, and following a work schedule.



HEALTH AND SAFETY

Ability to protect one's self, medication management, responding to health problems. Skills needed for protection of health and to respond to illness and injury, including following safety rules, using medicines, knowing caution, etc.



COMMUNITY USE

Shopping, using public transportation, using community services. Skills needed for functioning in the community, including use of community resources, shopping skills, getting around in the community, etc.



HOME OR SCHOOL LIVING

Maintaining one's living space including housekeeping, cleaning and laundry. Skills needed for basic care of home or living setting, including cleaning, straightening, property maintenance and repairs, food preparation, performing chores, etc.



SELF-CARE

Skills needed for personal care including eating, dressing, bathing, toileting, grooming, hygiene, etc.



COMMUNICATION TOOLS

Understanding and using verbal and nonverbal language. Speech, language, and listening skills needed for communication with other people, including vocabulary, responding to questions, conversation skills, etc.



FUNCTIONAL ACADEMICS

Using reading, writing, and math skills in everyday life. Basic reading, writing, mathematics, and other academic skills needed for daily, independent functioning, including telling time, measurement, writing rules and letters, etc.



SELF-DIRECTION

Problem solving, exercising choice, initiating and planning activities. Skills needed for independence, responsibility, and self-control, including starting and completing tasks, keeping a schedule, following time limits, following directions, making choices, etc.



SOCIAL SKILLS

Maintaining interpersonal relationships, understanding emotions and social cues, understanding fairness and honesty, observing rules and laws.

Skills needed to interact socially and get along with other people, including having friends, showing and recognizing emotions, assisting others, and using manners.



LEISURE SKILLS

Taking responsibility for one's own activities, having the ability to participate in the community.

Skills needed for engaging in and planning leisure and recreational activities, including playing with others, engaging in recreation at home, following rules in games, etc.



Skills For Living

J Dewey



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