

LIFE SKILLS CHECKLISTS

Handout P

Life Skills Checklists

There are various checklists available online for families and schools to incorporate to prepare teens toward more independent life of young adulthood.

You may wish to go through the checklists as a family and make it a summer project to practice some skills, or ask your child's school staff/therapists to work on some goals individually or as a class.

Skills at Home (from **Adolescent Autonomy Checklist**)

By University of Washington Adolescent Health Transition Project

List of skills for: Kitchen, Laundry, With the Family, Housekeeping, Gardening, Emergency, Personal Skills, Health Care Skills, Community Skills, Leisure Time Skills, Skills for the Future-Education, Vocational/Technical Options, Living Arrangements

<http://www.smusd.org/cms/lib3/CA01000805/Centricity/Domain/1401/Adolescent-Autonomy-Checklist.pdf>

Life after High School, TEN Skills to Teach Your Child (Autism Support Network)

<http://www.autismsupportnetwork.com/news/life-after-high-school-ten-skills-teach-your-child-autism-223421#ixzzocXRdzumb>

Health Care Skills (from Adolescent Autonomy Checklist, by University of Washington Adolescent Health Transition Project)

<http://depts.washington.edu/healthtr/documents/healthcareskills.pdf>

Transition Toolkit (University of Florida)

This Transition Toolkit was designed to provide a step-by-step approach to accessing resources that will help the young adults with transition from pediatric care to adult health care. The toolkit is designed for pediatric providers, other health care personnel (e.g., social workers, nurse care coordinators) and patients & families.

A wealth of toolkits and guides to explore both in English & Spanish as well as diagnosis-specific information: http://www.floridahats.org/?page_id=616

Some examples of worksheets:

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~**Since You're Not a Kid Anymore** (for a middle-schooler, English/Spanish)

http://www.floridahats.org/wp-content/uploads/2010/03/FloridaHATS_SYNAKA_Booklet_2013_interactive.pdf

~**Now That You're in High School** (English/Spanish)

http://www.floridahats.org/wp-content/uploads/2010/03/FloridaHATS_NTYIHS_Booklet_2013_interactive.pdf

~**When You're 18** (English/Spanish)

http://www.floridahats.org/wp-content/uploads/2010/03/FloridaHATS_WY18_Booklet_2013_interactive.pdf

~**Envisioning My Future** (for ages 12 and 18+, English/Spanish)

http://www.floridahats.org/wp-content/uploads/2010/03/envisioning_my_future.pdf

~**Health Care Transition Workbooks**

-For Ages 12-14

http://www.floridahats.org/wp-content/uploads/2010/03/HCT_Workbook_12-14.pdf

-For Ages 15-17

http://www.floridahats.org/wp-content/uploads/2010/03/HCT_Workbook_15-17.pdf

-For Ages 18 and over

http://www.floridahats.org/wpcontent/uploads/2010/03/HCT_Workbook_18up.pdf

Developing the Skills for Growing Up (Holland Bloorview Kids Rehabilitation Hospital)

<http://hollandbloorview.ca/programsandservices/ProgramsServicesAZ/Growingupready/TimetableforGrowingUp>

This is a series of **three checklists**. It will help the adolescents and young adults to look at how ready they are for the future, think about what they need to work on and plan how they will do it.

They cover areas such as: Self-Advocacy, Social & Recreation, Independent Living Skills, School & Work, Health & Wellness.

~**Level 1: Getting Started**

<http://hollandbloorview.ca/Assets/website/documents/Client%20and%20family%20resources%20documents/Online%20family%20resource%20centre/Growing%20up/gettingstarted.pdf>

~**Level 2: On My Way**

<http://hollandbloorview.ca/Assets/website/documents/Client%20and%20family%20resources%20documents/Online%20family%20resource%20centre/Growing%20up/onmyway.pdf>

~**Level 3: Almost There**

<http://hollandbloorview.ca/Assets/website/documents/Client%20and%20family%20resources%20documents/Online%20family%20resource%20centre/Growing%20up/almostthere.pdf>

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Daily Living Skills: A Guide for Transition to Adulthood (OAR-Organization for Autism Research)

<http://www.researchautism.org/resources/reading/documents/TransitionGuide.pdf>

PP. 44-47:

Phone Skills, Cleaning and Maintaining a Home, Laundry and Clothing Skills, Banking Skills, Budgeting, Credit Cards, Public Transport, Driving, Exercise, Nutrition and Cooking Skills, Appointment Keeping, Time Management

p. 60: Dreams for the Future

pp. 61-62: Documenting Overarching Goals for Transition

Preparing for Adult Life: Important Social Skills for High School Students

(Community Integration, University of Minnesota)

- General Social Skills for School, Family, and Community

- Additional Skills for the Work Environment

<http://ici.umn.edu/products/impact/241/20.html>

Soft Skills to Pay the Bills — Mastering Soft Skills for Workplace Success

(Office of Disability Employment Policy)

<http://www.dol.gov/odep/topics/youth/softskills/>

Introduction Materials

Soft Skill #1: Communication

Soft Skill #2: Enthusiasm & Attitude

Soft Skill #3: Teamwork

Soft Skill #4: Networking

Soft Skill #5: Problem Solving & Critical Thinking

Soft Skill #6: Professionalism

Additional Materials

Developing Risk and Safety Life Skills for Persons with Autism

(Autism Risk Management)

https://www.autismspeaks.org/docs/family_services_docs/LifeSkills.pdf

Autism & Using a Public Restroom

(Autism Risk Management)

<https://www.autismspeaks.org/family-services/autism-safety-project/community/restrooms>

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Teaching Teenagers with Autism to Answer Cell Phones and Seek Assistance When Lost (Autism Speaks)

<http://www.autismspeaks.org/family-services/autism-safety-project/community/cell-phone>

Autism Safety Project (Autism Speaks)

<http://www.autismspeaks.org/family-services/autism-safety-project>

*If you have autism or you care for a person with autism, we recommend making an emergency ID card. If you make a card for someone else, teach the person with autism to keep it on hand to share with people in confusing situations, such as when they're approached by a uniformed person or when they have difficulty interacting with others they don't know.

Sample ID card: <http://www.washingtonautismadvocacy.org/updates/wp-content/uploads/Autism-ID-Draft2.jpg>

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Please keep in mind, your experience navigating resources may differ from what is listed in this handout.

If you find any of the information provided to be inaccurate or out of date please contact Katrina.Davis@seattlechildrens.org