

SELF-HELP SKILLS (The present level of performance is shown by lineout. Goals and objectives are to be developed from the remaining list of skills.)

FEEDING/EATING

1. Drinks from cup with both hands, without assistance
2. Uses spoon to “scoop” food
3. Takes spoon from plate to mouth, with some spilling
4. Sucks from straw
5. Drinks from cup with one hand, without assistance
6. Uses fork
7. Uses spoon, without spilling
8. Uses side of fork for cutting soft foods
9. Holds fork in finger
10. Uses knife for spreading
11. Uses knife for cutting
12. Pouring

UNDRESSING

1. Removes socks
2. Removes shoes
3. Removes coat
4. Removes shirt
5. Removes pants
6. Undresses, except for difficult “pull over” clothes
7. Removes sweater

DRESSING

1. Puts on jacket
2. Puts on shoes
3. Puts on pants
4. Puts on socks
5. Puts on sweater
6. Dresses with little supervision
7. Dresses without supervision but needs help with fasteners
8. Dresses independently

UNFASTENING

1. Unbuttons front buttons
2. Unties bow
3. Unsnaps front snaps
4. Unzips

FASTENING

1. Buttons large front buttons
2. Snaps front snaps
3. Zips front zipper
4. Attempts to lace shoes
5. Buttons small front buttons

6. Laces shoes
7. Attempts to tie shoes
8. Ties shoes

BATHING

1. Dries hands, may need assistance
2. Washes hands, may need assistance
3. Dries hands, without assistance
4. Dries face, may need assistance
5. Washes hands, without assistance
6. Washes face, without assistance
7. Turns faucet on and off
8. Adjusts water temperature, with assistance
9. Dries face, without assistance
10. Washes face, without assistance
11. Bathes, with assistance
12. Dries self after bathing, without assistance
13. Bathes, without assistance

GROOMING

1. Attempts to brush teeth, with much assistance
2. Brushes teeth, with assistance
3. Brushes teeth, without assistance
4. Brushes hair, with assistance
5. Brushes hair, without assistance

HOME LIVING

1. Putting things away
2. Simple food preparation (microwave,toaster,spreading,stirring,etc.)
3. Chores (set table,take dishes to sink,take out trash, etc.)
4. Cleaning table, window, wall
5. Put dishes in sink, set table
6. Caring for pets

COMMUNITY

1. Pedestrian safety
2. Making purchases
3. Transportation
4. Correspondence
5. Safety/strangers/handling emergencies

MONEY SKILLS

1. Match coins
2. Receptive labels
3. Expressive labels
4. Making purchase