

Independence Skills Checker

Activity	Not started	Practicing	Got it!
Sleeping			
Goes to bed at appropriate time			
Knows when they need sleep and where to go to sleep			
Changes clothes to go to bed			
Wears appropriate bedtime clothing for time of year			
Wakes self up in the morning			
Sets and uses an alarm clock			
Monitors sleep environment and removes distractions			
Organisation			
Leaves early to ensure prompt arrival			
Uses a daily / weekly calendar system			
Uses phone alarm or other technology for reminder system			
Designs and maintains a daily / weekly / monthly cleaning routine			
Maintains an annual household appliance servicing routine			
Uses lists / charts to follow:			
Personal hygiene			
Morning routine			
Afternoon			
Evening routine			
Housecleaning chores – daily / weekly			
Making a shopping list for food / cleaning products			
Safety			
Knows how to exit home in the event of an emergency			
Knows when and how to make call to emergency services			
Uses a cash machine in safe and well-lit areas			
Ensures all windows and doors are locked and secured			
Does not allow strangers inside their home			
When walking in the evening avoids using mobile phone or listening to music to stay alert			
Turns off cooker after use			
Basic first aid skills or know when to seek additional help			

Meal planning				
	Can prepare 3 different breakfast, lunch and dinner meals for themselves			
	Thaws frozen food in time for meal preparation			
	Can follow a recipe			
	Safely handles knives and other kitchen implements			
	Can use a chopping board in meal preparation			
	Is familiar with safe handling practices and risk of cross contamination			
	Washes fruits and vegetables before eating them			
	Washes hands before meal preparation			
	Takes note of food expiration dates on perishable items			
	Can preheat an oven and use oven gloves for safe handling			
Kitchen clean up				
	Cleans preparation and dining area after eating			
	Scrapes, rinses and places dirty dishes in sink / dishwasher after eating			
	Can wash up using hot water and detergent in a sink			
	Can load and follow steps to use a dishwasher			
	Stores clean dishes in designated areas			
	Stores food in covered, sealed containers			
Personal hygiene and health				
	Brushes teeth at least twice daily			
	Flosses teeth on a regular basis			
	Washes face at least once daily			
	Showers daily and uses soap and shampoo			
	Maintains appropriate nail length and keeps nails clean			
	Shampoos hair minimum twice weekly			
	Gentleman shave facial hair or keep it appropriately trimmed			
	Combs hair and recognises when to get a haircut			
	Uses deodorant daily			
	Ladies understand their menstrual cycle and how to use sanitary products			
	Ladies know how to manage period pain			
	Use system to organise and adhere to medication regime			
	Knows how to order and collect prescription medication			

	Knows height, weight and date of birth			
	Uses appropriate terms to discuss with health professional's illness such as headache, sore throat etc.			
	Knows how to contact and make an appointment with health professional's (GP, Dentist, Optician, Hospital)			
	Has a basic understanding of common ailments such as colds or flu etc.			
	Can read a thermometer			
	Knows how to deal with a headache or toothache			
Household upkeep				
	Makes bed daily			
	Changes bed linen regularly			
	Checks that all lights and appliances are off before leaving or going to bed			
	Can locate fuse box in the home			
	Can reset the master fuse switch when power goes off			
	Adjusts the heating thermostat before leaving for energy conservation			
	Sets the heating thermostat at an appropriate level when at home or going to bed			
	Knows where and how to use the main water stopcock if there is a water leak			
	Takes rubbish out as needed			
	Replaces rubbish bin liners as needed			
	Recycles aluminium, plastic and paper appropriately			
	Knows when and which rubbish / recycling bins will be collected			
	Follows cleaning schedules			
	Disinfects countertops, stovetops, light switches drawer and door handles			
	Sweeps and mops floors			
	Wrings out dish clothes, tea towels and sponges, hangs out to dry			
	Cleans shower to prevent soap scum and mildew			
	Gentlemen lift toilet seats and lower when finished			
	Uses disinfectant wipes to wipe down surfaces			
	Knows how to use toilet brush			
	Can change light bulbs, batteries etc.			
Laundry				
	Operates washer and dryer			
	Sorts clothes by colour			

	Washes clothes weekly			
	Selects proper water temperature for different fabrics			
	Selects appropriate drying cycle			
	Knows how to hang clothes out to dry			
	Folds clothes and stores them promptly			
	Irons clothes as needed, using appropriate setting			
	Stores clothes in designated areas			
	Can sew on a button			
	Can turn up trousers / skirt			
Finance				
	Understands the concept of a household budget			
	Pays bills by mail, online or in person			
	Logs funds in checking and savings account			
	Knows account balance			
	Distinguishes between credit and debit			
	If writing cheques, log each cheque in log			
	Uses calculator to ensure accurate account balance			
	Compares bank statements to check log to ensure accuracy			
	Can use a debit card to pay for items or withdraw cash			
	Knows national insurance number and when to use it			
Mobility / Community				
	Knows public transport fare and keeps sufficient change on hand			
	Knows how to plan a route			
	Knows how to check the number of trips left on swipe card / Holdall card			
	Can purchase a journey ticket or top up swipe card / Holdall card			
	Knows how to use a disabled person bus pass / railcard			
	Knows location of transport stops and how to journey on from this stop to the destination			
	Arrives at stop 10 minutes prior to scheduled bus / train / coach arrival			
	Knows where to change bus / train if needed for journey			
	Can use public services such as a post office and bank			
	Knows about stranger danger and who to talk to if they need help			
	Knows how to access polling stations and vote			

Essential social skills				
	Introduces themselves to others			
	Can start a conversation			
	Can use an appropriate greeting			
	Has an open and inviting posture			
	Listens and waits for their turn to speak			
	Accepts “no” for an answer			
	Can interrupt appropriately			
	Can join in a group conversation			
	Can appropriately plan a leisure activity			
	Can keep a schedule for planned and desired events			
	Uses an appropriate voice level and tone for the conversation			
	Can end a conversation appropriately			
Self-advocacy				
	Can articulate the basic facts about their learning disability or difficulties			
	Understands the basic concepts of self-advocacy			
	Understands their rights and responsibilities for accommodation			
	Understands appropriate time for disclosure			
	Can leave appropriate voice messages			
	Can write/dictate and send emails			

Modified from a checklist from College Living Experience www.experiencecle.com