

Life Skills Checklist for Teenagers with Autism Transitioning into Adulthood

Cleanliness and Personal Hygiene Skills

- Shower and bathe appropriately
- Brush teeth
- Groom hair
- Toileting skills
- Girls understanding menstrual cycle
- How to care for their bodies

Dressing Skills

- Understanding how to dress for the occasion or weather outside
- Picking out the right sized clothing
- Basic sewing skills
- Do the laundry
- Fold clothes and put away in appropriate place
- Pack a suitcase
- Read and understand fabric labels

Cooking Skills or Food Skills

- Making simple meals for daily nutrition
- Using a microwave
- Using an oven
- How to prepare meats and foods safely
- How to go grocery shopping
- Follow a recipe
- Kitchen Safety with hot pots and fire safety
- How to store food
- Reading food labels

Health Skills

- Understand basic first aid
- How to go to the doctor
- How to take over the counter medications safely for common illness such as cold or headache
- Understanding health insurance
- How to handle medical emergencies
- Safe sex education

Money or Budgeting Skills

- Creating a budget
- How to manage a checking account, savings account, use ATM, write a check
- How to pay with dollar bills
- How to pay with debit card/credit card
- Understand how credit works
- How to save money
- How to pay bills

Transportation Safety

- Can they walk around the neighborhood safely
- Use a bus route to get to their destination
- Safely cross a busy street and parking lot

Organization Skills

- Get up in time and ready for their day on their own to go to school or work
- Take care of their things and know where they are
- How to clean a house, apartment, or room
- Basic home repair skills or who to call for repairs

Social Skills and Manners

- Have manners when talking/socializing with others
- Develop and maintain relationships
- Explore hobbies and interests and meet like minded people
- Healthy family relationships
- Respect others and their views/opinions

Driving and Auto Maintenance Skills

- Potentially get a drivers license
- Take care of a car
- Car insurance
- How to maintain car (gas, oil, tires)
- Road safety when driving
- What to do if in an accident

Navigational Skills

- Understands how to get from point A to point B
- Can understand how to read road signs
- Ask for directions
- Able to use an app or electronic device for directions
- Understand directions (North, South, East, and West)

Communication Skills

- Can ask people questions to get information they need
- Understanding potentially different forms of communication from (different languages, non-verbal gestures, sign language)
- How to read non verbal language
- Using different modes of communication: phone call, text, email, or writing letters
- Understanding safe social media guidelines
- Listening to others

Safety Skills

- Can call 911
- What to do in a fire
- What to do in an emergency
- Can call for help
- Knows own address
- Knows basic medical information about themselves
- Stranger safety

Behavioral Skills

- Accepting a mistake
- Being polite with other people
- How to stay true to themselves
- How to ask for help when they need it
- How to accept criticism
- How to apologize
- Moral behaviors

Coping with Emotions

- Self management/self regulation of own emotions
- Avoiding impulsive behavior
- Manage stress
- Manage fear, anxiety, loneliness
- Manage feelings/emotions in a healthy way

Problem Solving Skills

- Can they identify problems
- Create possible solutions to solve the problem
- Analyze each solution to come up with the best solution to the problem
- Go back and analyze the problem to see if they made a good decision and learn from their decisions

Time Management Skills

- Can organize their day to accomplish tasks
- Can prioritize their time during the day to meet their responsibilities
- Identify important tasks vs. non important tasks
- Can meet deadlines
- Can develop a routine that works for them

Work/Employability Skills

- Can accept criticism
- Can learn from mistakes
- Willing to learn something new
- Can evaluate own skills and identify their strengths and weaknesses

Decision Making Skills

- Can make their own choices
- Can learn from the choices they make
- Understands that a choice may come with a consequence

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