#### **Adolescent Autonomy Checklist**

Skills at home	Can Do Already	<b>Needs Practice</b>	Plan to Start	Accomplished
Kitchen:				
Operate appliances (cook top, oven,				
microwave, toaster, dishwasher)				
Use common kitchen tools (can opener, bottle				
opener, knife, measuring cups and spoons,				
grater, timer, egg beater, ice cream scoop)				
Help plan and prepare meals				
Follow a recipe				
Put away the leftovers				
Set the table				
Do the dishes				
Familiarity with contents of packaged foods				
Laundry				
Put dirty clothes in hamper				
Sort clothes				
Use washer and dryer				
Iron				
Hand wash				
Fold clothes				
Put clothes away				
With the Family				
Watch TV news and discuss together				
Help take care of siblings				
Participate in family decisions				
Plan family outing				
Take care of pets				
Housekeeping				
Clean room				
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Developed by the Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a Model developed by the Children's Rehabilitation Center at the University of Virginia.

Skills at Home	Can Do Already	Needs Practice	Plan to Start	Accomplished
Housekeeping, Cont'd.				
Make the bed/change the bed				
Choose decorations for room				
Minor repairs (change light bulbs, repair or				
assemble toys)				
Take out the trash				
Basic sewing/mending skills				
Gardening				
Plant a garden				
Mow/water the lawn				
Weed the garden				
Learn appropriate use of garden tools				
Emergency				
Plan fire exits and emergency procedures				
Know where candles and flashlights are				
Use a fire extinguisher				
Know how to turn water off				
Know community emergency telephone				
numbers				
Know where extra house key is located				
Unclog the sink or toilet				
Personal Skills				
Use the phone				
Have a house key				
Budget allowance				
Go shopping				
Have privacy in the bathroom				
Manage personal grooming (shampoo, bath,				
shower)				

Skills at Home	Can Do Already	Needs Practice	Plan to Start	Accomplished
Personal Skills, Cont'd.				
Get a haircut				
Choose appropriate clothes to wear				
Health Care Skills				
Understand health status				
Be aware of existence of medical records, diagnosis information, etc.				
Prepare questions for doctors, nurses, therapists				
Respond to questions from doctors, nurses, therapists				
Know medications and what they're for				
Get a prescription refilled				
Keep a calendar of doctor, dentist appointments				
Know height, weight, birthdate				
Learn how to read a thermometer				
Know health emergency telephone numbers				
Know medical coverage numbers				
Obtain sex education materials/birth control if indicated				
Discuss role in health maintenance				
Have genetic counseling if appropriate				
Discuss drugs and alcohol with family				
Make contact with appropriate community advocacy organization				
Take care of own menstrual needs and keep a record of monthly periods				
Community Skills				
Get around the city (pedestrian skills, asking directions)				

Skills At Home	Can Do Already	-	Accomplished
Community Skills, Cont'd.			
Get around the city (pedestrian skills, asking			
directions)			
Use public transportation (taxi, bus, etc.)			
Locate bathroom in unfamiliar building (i.e.			
know how to ask)			
Know about neighborhood stores and services			
Use a pay phone			
Use a phone book			
Open a bank account			
Get a library card			
Get a picture ID			
Get a Social Security Card			
Use Post Office			
Volunteer for community services			
Leisure Time Skills			
Help plan a party			
Invite a friend over			
Subscribe to a magazine			
Read a book			
Plan a TV viewing schedule			
Go for a walk			
Join the Scouts, YMCA/YWCA, 4-H Club			
Go to a recreation center			
Go to camp			
Attend school functions (plays, dances, concerts,			
sports)			
Go to Church			
Keep a calendar of events			
Participate in a sport			

Skills At Home	Can Do Already	Needs Practice	Accomplished
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Skills For The Future-			
Education			
Meet with school Guidance Counselor			
Check future educational options			
Vocational/Technical Options			
Contact school Guidance or DVR Counselor			
Check on local workshops/job opportunities			
Find out about apprentice programs			
Get information from community colleges			
Learn how to apply for a job			
Vocational/Technical Options, Cont'd.			
Check on local workshops/job opportunities			
Find out about apprentice programs			
Get information from community colleges			
Learn how to apply for a job			
Living Arrangements			
Be aware of federal housing regulations for the disabled			
Explore group homes and tenant support apartment living programs			
Find out about financial assistance programs			
Learn how to manage money and budget			
household expenses Understand leases			
Know the responsibilities of a tenant & landlord			
Know how to fill out an application Check for wheelchair accessibility if needed			
Look into transportation			

Know about services: electricity, phone, water			6/6
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