**Thurston/Mason County Developmental Disabilities**

**Home-Based Activities**

**for Independence & Employability**

The following is a list of basic life skills that can be used at home to enhance personal safety and independence, as well as to build a foundation for understanding job completion and rewards.

Trying and learning new tasks can be exciting and rewarding and can also help identify how individuals best learn, which is important for long-term growth. Attempting different training/teaching techniques (such as modeling and demonstrating new skills, giving verbal instructions, creating a written or picture task list) can help guardians, teachers, and future employers understand how an individual best learns new skills and how an individual can be properly trained. Identifying personal strengths and limitations also helps determine areas for additional support and opportunities to develop creative learning plans.

Earning rewards for completing tasks brings a sense of personal accomplishment. Implementing a simple “paycheck” system based on learning/completing tasks and achieving goals sets the foundation for learning how to budget, save, and manage money. Money management is a critical part of independence and can easily begin with daily chores. Implementing a simple task/reward list will help individuals track progress as well as understand how money is spent and what is needed to achieve long-term goals.

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| **Task** | **Days Completed** | **Money Earned** | **Bills Paid** | **Money Saved** | **Long-term goal** |
| Loading and unloading dish washer | * Monday
* Tuesday
* Wednesday
* Thursday
* Friday
* Saturday
* Sunday
 | $\_\_\_\_\_\_\_ | * Rent
* Food
* Phone
* Utilities
 | $\_\_\_\_\_\_\_ | Purchase a new gamePrice: $\_\_\_\_\_\_\_ |

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| **Personal Care** |
| * Regularly wash face, hands, body and understand basic personal hygiene
* Use toilet independently or be able to identify and express toileting needs
* Make own bed
* Anticipate and prepare for doctor/dentist appointments
* Pick up and put away personal items
 | * Brush teeth
* Wash and dry own hair
* Clean, trim nails
* Anticipate and prepare for haircuts and personal care services
* Purchase own grooming supplies/clothing
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| **Personal Safety** |
| * Know name, address, phone # and how to provide this information when/if needed
* Understand basic personal safety/boundaries and how to report concerns
* Use a computer/phone/tablet and understand internet security
* Learn to swim and/or understand water safety
* Traffic safety and access to/safety on public transportation
 | * Make emergency calls to police, medical, fire
* Know how/where to access family/caregiver phone numbers
* Know basic emergency first-aid procedures and where to locate supplies
* Understand medicine safety
* Understand basic home security (i.e. not answering door for strangers, locking doors/closing windows, etc.)
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| **Clothing Care** |
| * Dress/undress self
* Put dirty clothes in hamper or wash area
* Fold and separate clean laundry
* Sort dirty clothes by color and fabric
* Hand wash clothing and spot removal
* Clean lint trap and filters
* Simple mending - buttons and holes
 | * Put pajamas/clothes away
* Put away clean clothes
* Hang clothes after use or washing
* Wash clothes in machine
* Operate electric clothes dryer
* Ironing clothing
* Clean and organize drawers, closet
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| **Household Chores** |
| * Clear own dishes after meals
* Set tables for meals
* Wipe up spills
* Dust furniture and household surfaces
* Clean bathroom (toilet, sink, shower)
* Use vacuum and/or carpet sweeper
* Feed pets
* Shred documents
* Water house plants
* Pick up trash in yard
* Mow lawn
* Wash/clean interior and exterior of car
 | * Wash dishes/load dishwasher
* Empty dishwasher and put dishes away
* Sweep and mop floors
* Select and safely use household cleaners
* Clean windows, electronic screens, and mirrors
* Empty wastebaskets and take out garbage
* Clean pet cages and bowls
* Sweep porches, patios, sidewalks
* Weed garden
* Trim trees and shrubs
* Water grass
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| **Community Navigation/Transportation** |
| * Know address and phone # as well as phone # of guardian or emergency contacts
* Awareness of and ability to access alternative transportation options (i.e. Dial-A-Lift, Coastal Transportation, Uber/Lyft, etc.)
 | * Familiar with bus routes and how to access public transportation
* Bicycle safety and maintenance
* Vehicle safety and maintenance (if driving)
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| **Cooking Safety and Skills** |
| * Put groceries away in appropriate locations (cupboard, refrigerator, freezer)
* Stove/oven safety and use
* Basic meal planning (selecting appropriate foods/drinks)
* Awareness of allergies and potentially dangerous foods/ingredients
* Select fresh fruits and vegetables
* Food safety including proper washing and safely peeling/slicing fruits, vegetables, and meats
* Read and follow recipe
* Locate and measure ingredients
 | * Distinguish between good and spoiled food
* Safely use microwave
* Safely use knives or basic kitchen utensils
* Operate blender or food processor
* Know basic food groups and nutrition
* Prepare basic foods (i.e. sandwiches, eggs, muffins, pancakes, salads, hot beverages)
* Cook frozen, canned, or boxed foods
* Clean oven and stoves and cooking fire prevention
* Pack a lunch/dinner for work or school
* Plan and shop for groceries for a week
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| **Money Management** |
| * Earn and use allowance
* Create and use simple budget
* Count and make change
* Understand and pay household bills
* Balance checkbook and/or track purchases
* Understands denominations of money
 | * Open and understand how to use a bank account (deposits, withdraws, account balance, etc.)
* Use debit or credit card and checks
* Compare quality and prices when purchasing items and understanding cost
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| **General Life Skills** |
| * Develop and maintain healthy friendships, relationships, and social network
* Develop personal goals and realistic strategies for achieving them (i.e. attending school or other training programs)
* Define and develop strategies to anticipate/avoid/prevent personal triggers
* Learn how to function as a member of a team (which includes following directions, cooperation, listening skills, communication skills, and accepting responsibility)
 | * Set personal boundaries and communicate effectively with others
* Develop effective problem-solving skills and stress/harm reduction in difficult situations
* Define and pursue long term goals (i.e. living independently, independent travel, attending classes, etc.)
* Develop personal quality skills such as self-esteem, self-management, appropriate decision making and problem-solving skills
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