

# SKILLS FOR INDEPENDENT LIVING

## take control

This isn't the most glamorous activity in the world, but it will help you in a few different ways:

- competence: it will help you to learn new skills and get good at them
- autonomy and independence: it will help you feel that you can take care of yourself
- confidence: both of the above will help you to feel more confident in yourself
- teach you valuable living life skills- you won't always have your parents/ caregiver to look after you, at some point you are going to have to look after yourself

## checklist

On the following page are a list of skills you need to be able to live independently. See if you can complete them all.

In doing so, you are going to become a very helpful person to your parents/ caregiver, so why not see if you can negotiate some kind of reward for completing these tasks?



# SKILLS FOR INDEPENDENT LIVING

## Let's Go Outside

- WATER THE PLANTS (INDOORS)
- WATER THE PLANTS (OUTDOORS)
- MOW THE LAWN
- WASH THE CAR
- CLEAN THE WINDOWS

check when done

  
  
  
  

## In the Kitchen

- MAKE A BASIC MEAL (SANDWICH/ BREAKFAST)
- MAKE A SIMPLE MEAL (FOLLOW A RECIPE)
- DESIGN & MAKE A MEAL FROM START TO FINISH
- DO THE DISHES /LOAD THE DISHWASHER
- UNLOAD THE DISHWASHER
- SET THE DINNER TABLE
- CLEAR THE DINNER TABLE
- DO A WASHING LOAD
- TAKE OUT THE RUBBISH
- TAKE OUT THE RECYCLING

  
  
  
  
  
  
  
  
  

## My Room/ Other Rooms

- TIDY MY ROOM
- CHANGE MY BED
- IRON MY CLOTHES
- PUT MY CLOTHES AWAY
- CLEAN THE BATHROOM
- CLEAN THE HOUSE (VACUUM AND POLISH)

  
  
  
  
  

## Other Useful Stuff

- LEARN TO READ A FOOD LABEL
- LEARN TO READ A CLOTHING LABEL
- HELP MAKE THE SHOPPING LIST
- HELP WITH THE FOOD SHOP
- HELP TO UNLOAD THE SHOPPING