



# Life Skills Checklist



Learning and practicing life skills is an important step for students as they plan for transitioning into adulthood. The Life Skills Checklist can help transition age students (14-22), their families, and IEP Team track independent living/life skills. This list below does not include every skill, and all these skills may not apply to all people. It is important to remember that everyone is unique, and individual support needs may vary.

<b>PERSONAL LIFE SKILLS</b>	<b>Can Do Already</b>	<b>Needs More Practice</b>	<b>Plan to Start</b>	<b>Ongoing Support Needed</b>	<b>N/A</b>
Brushes teeth daily					
Showers daily with soap					
Washes hair					
Uses deodorant daily					
Combs/brushes hair					
Shaves, as needed					
Chooses appropriate and clean clothes to wear based on weather and occasion					
Dresses themselves					
Can use a cell phone (text or call) and knows how to charge and update phone when needed					
Can set up and manage personal voicemail					
Can use an alarm on phone, watch, and/or clock					
Washes hands/uses hand sanitizer after using restroom, before eating, etc.					
Directs any support staff (e.g., personal care) who provide assistance with daily living and other needs					
Asks for help when needed					
Makes choices and decisions about their own life					
Can recognize and report abuse, neglect, or danger					

<b>EMERGENCY/ SAFETY SKILLS</b>	<b>Can Do Already</b>	<b>Needs More Practice</b>	<b>Plan to Start</b>	<b>Ongoing Support Needed</b>	<b>N/A</b>
Understands fire exits and what to do in case of a fire					
Can use a fire extinguisher					
Knows when and how to contact 911					
Knows how to interact with law enforcement					
Knows what to do if locked out of the house					
Knows when and how to unclog the sink or toilet					
Knows how to take care of minor wounds					
Does not open the door to strangers or let strangers in					
Can lock household doors					
Turns off stove after use					
Avoids cars that are moving in parking lots					
Knows to seek out trusted adults when needing help					
<b>NUTRITION/ DIETARY SKILLS</b>	<b>Can Do Already</b>	<b>Needs More Practice</b>	<b>Plan to Start</b>	<b>Ongoing Support Needed</b>	<b>N/A</b>
Can make a grocery list and look for items on the list in the store or online					
Knows the difference between healthy and unhealthy foods and drinks					
Can tell when food is bad (expired dates, color, etc.) and knows not to eat it					
Understands and generally eats a balanced diet					

MONEY MANAGEMENT/ FINANCIAL PLANNING SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Knows the value of coins and currency					
Can make a purchase with a card or with cash					
Understands the concepts of banking balance and over drafts					
Can do simple math or use a calculator					
Knows how to compare prices/use coupons					
Understands the difference between needs and wants					
Has a bank account and is aware of financial limits when receiving government benefits (e.g., Medicaid, Social Security, etc.)					
Understands how to create and use a budget					
Understands a paycheck (gross vs. net pay, deductions)					
Knows how and when to file federal and state taxes					
Knows the importance of paying bills on time, including the impact of interest and late payment penalties					
Understands the benefits and risks of credit cards and when it is appropriate to use them					
Knows their social security number, when to use it, and how to keep it safe					

HEALTHCARE SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Knows how to get a prescription refilled					
Can take medication without supervision and on time					
Understands and obtains necessary immunizations					
Keeps a calendar of medical appointments					
Can let someone know if they are not feeling well					
Knows their height, weight, birthdate					
Can tell by looking at a thermometer if they have a fever					
Knows how to locate their health insurance card or information					
Understands what to do in case of colds, flu, fever, or other common health problems					
Knows how to reach medical providers					
SEXUAL HEALTH SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Can label body parts with correct terms					
Understands the need for and knows how to access various forms of birth control					
Takes care of menstrual periods; maintains and uses supplies					
Understands consent and how to give and recognize consent					
Understands private places versus public places					
Understands private behavior versus public behavior					

<b>INTERPERSONAL/ SOCIAL SKILLS</b>	<b>Can Do Already</b>	<b>Needs More Practice</b>	<b>Plan to Start</b>	<b>Ongoing Support Needed</b>	<b>N/A</b>
Introduces themselves to others					
Engages in back-and-forth communication with others					
Understands and manages personal space as needed					
Knows how to ask (in some way) for help					
Is courteous to others					
Knows how to resolve conflict or how to ask for help to resolve conflict					
Takes turns (if game playing, e.g., bowling, cards)					
Says no to peers or others if something feels wrong					
Accepts “no” for an answer					
Knows how to interrupt appropriately					
Expresses anger or frustration appropriately					
<b>KITCHEN SKILLS</b>	<b>Can Do Already</b>	<b>Needs More Practice</b>	<b>Plan to Start</b>	<b>Ongoing Support Needed</b>	<b>N/A</b>
Safely operates appliances (cooktop, oven, microwave, toaster, dishwasher, coffeemaker)					
Uses common kitchen tools (can opener, bottle opener, measuring cups and spoons, grater, etc.)					
Helps plan and prepare meals for self					
Can follow a simple recipe					
Can wash and put away dishes and/or load and unload the dishwasher					
Can clean kitchen (including counters, floors, and removing trash)					

LAUNDRY SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Puts dirty clothes in hamper or other appropriate place					
Sorts clothes for proper washing					
Knows how to operate a washer and dryer					
Knows how to use laundry detergent					
Cleans lint screen after each drying cycle					
Folds clothes					
Puts their clothes away					
HOUSEHOLD SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Cleans their bedroom, bathroom and other areas as needed					
Makes their bed and changes the bedsheets as needed					
Puts items away in the correct location					
Can do minor repairs (e.g., change lightbulbs)					
Knows who to contact about major repairs (e.g., landlord, repair person, etc.)					
Picks up and disposes of trash					
Takes trash outside as needed					
Operates a vacuum					
Sweeps and mops floors					

COMMUNITY SKILLS	Can Do Already	Needs More Practice	Plan to Start	Ongoing Support Needed	N/A
Can use public transportation (taxi, bus, train, Uber/Lyft, paratransit, etc.)					
Knows to be alert in unfamiliar settings and at night					
Consistently wears a seatbelt					
Locates goods, services, and people using Internet searches (Google, phone listings, etc.)					
Orders from a menu					
Crosses streets safely					
Keeps driver's license or state issued ID card updated					
Uses the post office					
Uses bank services					
Knows where to go to vote and how to ask for accommodations if needed					

**This document is excerpted and updated from the following documents and includes additional content created by PEATC.**

Adolescent Autonomy Checklist – Indiana University: [bit.ly/2RXtUtU](https://bit.ly/2RXtUtU)

Life Skills Inventory: Independent Living Skills Assessment Tool – Washington State DSHS: [bit.ly/3xkA5XN](https://bit.ly/3xkA5XN)

Independent Living Skills Checklist – ESC3: [bit.ly/3vj52Kx](https://bit.ly/3vj52Kx)



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