



Developing Independent Living Skills

Age 5

Caregivers can help children develop independent living skills at any age. Self-care, home, and community living skills can be graded and adapted to meet your child's specific needs and ability level. The following chart describes activities that your child should be able to do at their developmental age level.

<p>Dressing Skills</p> <ul style="list-style-type: none"> Takes off and puts on pull on t-shirt/sweatshirt Puts on and fastens a button up shirt Puts on a jacket (excluding fasteners) Puts on and zips up a jacket Takes off and puts on elastic waist pants/shorts Puts on pants and fastens button or snap Puts on and takes off socks Takes off shoes Puts on shoes (excluding fasteners) Puts on and fastens Velcro or elastic laced shoes Puts on and takes off underwear Chooses clothing that is appropriate for time of day, season, and occasion Adjusts clothing appropriately Obtains clothing from storage area 	<p>Toileting Skills</p> <ul style="list-style-type: none"> Indicates when wet/soiled Has bowel/bladder control during the day Has bowel/bladder control at times of rest Indicates when needs to use bathroom Takes self to the bathroom for urination and bowel movements Obtains and able to use necessary supplies Gets onto and off of toilet safely Maintains safe body position while toileting Manages clothing (pulls up and down pants) Completes all toilet hygiene tasks Completes toileting sequence including toileting, flushing, and hand washing
<p>Hygiene and Grooming Skills</p> <ul style="list-style-type: none"> Accesses sink and obtains all grooming supplies Washes rinses and dries face and hands well Completes nose care well (blows nose) Brushes hair (not including tangles) Prepares tooth brush with toothpaste Brushes teeth well Spits out toothpaste Tolerates haircuts/trims Obtains soap and hygiene products for shower Gets into/out of bath or shower safely Washes, rinses, and dries body well Maintains a safe body position while bathing 	<p>Feeding Skills</p> <ul style="list-style-type: none"> Eats all textures of table food Eats mixed textured foods Eats foods from all food groups Finger feeds self Scoops with a spoon or fork and brings to mouth Uses spoon and fork well Uses a knife to spread foods (butter) Drinks from a regular cup well Can use a straw for drinking well Gets onto and off of kitchen chairs safely
<p>Other Functional Mobility Skills</p> <ul style="list-style-type: none"> Gets into and out of bed safely Gets on/off of soft furniture safely Obtains all items for leisure or play Accesses floor Transports items for personal use in the home Obtains ready to eat items from kitchen Obtains meal preparation items and food items Gets into and out of vehicles safely Manages safety belt independently in vehicles 	<p>Housework/Chores</p> <ul style="list-style-type: none"> Picks up belongings or toys with adult assistance Picks up belongings or toys when asked Sets table and clears table with adult assistance at meals <p>Safety Skills</p> <ul style="list-style-type: none"> Notifies adult when injured or hurt Can dial local emergency number (911) Follows safety rules when talking with strangers Has stranger awareness when asked to leave a location with an unfamiliar person