



Developing Independent Living Skills

Age 10

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 Independently completes all dressing skills including fasteners and belts</p> <p>*Female Dressing Skills* Puts on and takes off sports bra (elastic) and front- or back-latched bra</p>	<p>Toileting Skills Toilet trained—independently completes all toileting activities</p> <p>Personal Care Devices Uses personal care devices such as contact lenses, glasses/sun glasses, hearing aids, orthotics, etc.</p>
<p>Hygiene and Grooming Skills Accesses sink and obtains all grooming supplies Washes, rinses, and dries hands and face well Completes nose care well (blows nose) Brushes hair and manages tangles Styles hair Prepares tooth brush with toothpaste Brushes teeth well Safely uses mouth wash Tolerates haircuts/trims Obtains soap and hygiene products for bathing Gets into/out of bath or shower safely Washes, rinses, and dries body well Maintains a safe body position while bathing</p> <p>School-Related Skills Independently completes all school-related skills</p>	<p>Feeding Skills Eats all textures of table food and mixed textured food Can use utensils to cut foods up and can pour liquids from a pitcher</p> <p>Housework/Chores Picks up belongings or toys when asked Independently picks up belongings or toys Follows a written list of household chores and completes tasks independently Sets table and clears table with adult assistance Sets table and clears table independently Loads dishwasher or washes dishes by hand independently Unloads dishwasher or dries and puts away hand-washed dishes Completes light household chores independently Puts away their own laundry (adult folds)</p>
<p>Managing Money and Shopping Identifies the value of coins and bills Makes a simple purchase from a store or vending machine, using cash independently Identifies correct change is given after a purchase</p>	<p>Meal Preparation Prepares a cold snack (chips, fruit) or meal (cereal, sandwich) independently Uses the microwave safely to prepare a meal Uses kitchen appliance safely to prepare a meal</p>
<p>Safety Skills Can receive and make calls Notifies adult when injured or hurt Can dial local emergency number (911) Can perform simple first-aid: Band-Aid®, ice Follows safety rules when talking with strangers Has stranger awareness when asked to leave a location with an unfamiliar person Follows fire safety rules and knows family fire safety plan Identifies the location of fire extinguishers Follows fire safety rules and knows safety plan Knows natural disaster plan for their geographical area</p>	<p>Other Functional Mobility Skills Transfers to and from all surfaces. Obtains necessary materials to complete self-cares and home skills</p> <p>Travel Unlocks and opens door to leave house independently Uses a key to unlock doors to enter house Travels to a familiar location independently Follows verbal or written directions to a nearby location Follows basic road safety skills Takes the school bus to school and back safely</p>