



## Developing Independent Living Skills

### Ages 16–18

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><b>Dressing Skills</b> Independently completes all dressing skills including fasteners and belts</p> <p><b>Female Dressing Skills</b> Independently completes all female specific dressing skills including elastic and front- or back-latched bras</p>	<p><b>Feeding Skills</b> Eats all textures of table food and mixed textured foods. Can use utensils to cut foods up and can pour liquids from a pitcher</p> <p><b>Toileting Skills</b> Toilet trained—independently completes all toileting activities</p>
<p><b>Hygiene and Grooming Skills</b> Completes all hygiene and grooming skills independently including obtaining all supplies and maintaining a safe body position. Washes, rinses, and dries body parts, cares for teeth, styles hair, applies deodorant, and removes body hair.</p>	<p><b>Personal Care Devices</b> Uses personal care devices such as contact lenses, glasses/sun glasses, hearing aids, orthotics, etc. Cares for and cleans personal care devices such as contact lenses, glasses/sunglasses, hearing aids, and orthotics, etc.</p>
<p><b>Other Functional Mobility Skills</b> Transfers to and from all surfaces. Obtains necessary materials to complete self-cares and home skills.</p> <p><b>School-Related Skills</b> Independently completes all school related skills</p>	<p><b>Managing Money and Shopping</b> Manages money and goes shopping independently including following a shopping list, purchasing items from a store, calculated the correct change, and depositing and withdrawing money from a bank.</p>
<p><b>Housework/Chores</b> Independently completes all household chores and laundry</p> <p><b>Travel</b> Completes all traveling skills independently including unlocking/locking house with a key, following verbal or written directions to a nearby location, knowledge of basic road safety skills, and ability to use car, taxi, or bus for self-transportation</p>	<p><b>Meal Preparation</b> Completes all meal preparation skills independently including uses all kitchen appliances safely, using knives safely and planning and preparing full meals for self and others</p> <p><b>Safety Skills</b> Independently completes all personal safety skills including performing simple first aid, knowledge of fire safety skills and natural disaster plans, and able to identify natural gas and precautions</p>