

## Adolescent Autonomy Checklist

Skills at home	Can Do Already	Needs Practice	Plan to Start	Accomplished
<b>Kitchen:</b>				
Operate appliances (cook top, oven, microwave, toaster, dishwasher)				
Use common kitchen tools (can opener, bottle opener, knife, measuring cups and spoons, grater, timer, egg beater, ice cream scoop)				
Help plan and prepare meals				
Follow a recipe				
Put away the leftovers				
Set the table				
Do the dishes				
Familiarity with contents of packaged foods				
<b>Laundry</b>				
Put dirty clothes in hamper				
Sort clothes				
Use washer and dryer				
Iron				
Hand wash				
Fold clothes				
Put clothes away				

<b>Skills at home</b>	<i>Can Do Already</i>	<i>Needs Practice</i>	<i>Plan to Start</i>	<i>Accomplished</i>
<b>With the Family</b>				
Watch TV news and discuss together				
Help take care of siblings				
Participate in family decisions				
Plan family outing				
Take care of pets				
<b>Housekeeping</b>				
Clean room				
Make the bed/change the bed				
Choose decorations for room				
Minor repairs (change light bulbs, repair or assemble toys)				
Take out the trash				
Basic sewing/mending skills				
<b>Gardening</b>				
Plant a garden				
Mow/water the lawn				
Weed the garden				
Learn appropriate use of garden tools				
<b>Emergency</b>				
Plan fire exits and emergency procedures				
Know where candles and flashlights are				
Use a fire extinguisher				
Know how to turn water off				

<b>Skills at home</b>	Can Do Already	Needs Practice	Plan to Start	Accomplished
Know community emergency telephone numbers				
Know where extra house key is located				
Unclog the sink or toilet				
<b>Personal Skills</b>				
Use the phone				
Have a house key				
Budget allowance				
Go shopping				
Have privacy in the bathroom				
Manage personal grooming (shampoo, bath, shower)				
Get a haircut				
Choose appropriate clothes to wear				
<b>Health Care Skills</b>				
Understand health status				
Be aware of existence of medical records, diagnosis information, etc.				
Prepare questions for doctors, nurses, therapists				
Respond to questions from doctors, nurses, therapists				
Know medications and what they're for				
Get a prescription refilled				
Keep a calendar of doctor, dentist appointments				
Know height, weight, birthdate				

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Learn how to read a thermometer				
Know health emergency telephone numbers				
Know medical coverage numbers				
Obtain sex education materials/birth control if indicated				
Discuss role in health maintenance				
Have genetic counseling if appropriate				
Discuss drugs and alcohol with family				
Make contact with appropriate community advocacy organization				
Take care of own menstrual needs and keep a record of monthly periods				
<b>Community Skills</b>				
Get around the city (pedestrian skills, asking directions)				
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Use public transportation (taxi, bus, etc.)				
Locate bathroom in unfamiliar building (i.e. know how to ask)				
Know about neighborhood stores and services				
Use a pay phone				
Use a phone book				
Open a bank account				
Get a library card				
Get a picture ID				
Get a Social Security Card				

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Use Post Office				
Volunteer for community services				
<b>Leisure Time Skills</b>				
Help plan a party				
Invite a friend over				
Subscribe to a magazine				
Read a book				
Plan a TV viewing schedule				
Go for a walk				
Join the Scouts, YMCA/YWCA, 4-H Club				
Go to a recreation center				
Go to camp				
Attend school functions (plays, dances, concerts, sports)				
Go to Church				
Keep a calendar of events				
Participate in a sport				
<b>Skills For The Future-Education</b>				
Meet with school Guidance Counselor				
Check future educational options				
<b>Vocational/Technical Options</b>				
Contact school Guidance or DVR Counselor				
Check on local workshops/job opportunities				
Find out about apprentice programs				
Get information from community colleges				
Learn how to apply for a job				

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Find out about apprentice programs				
Get information from community colleges				
Learn how to apply for a job				
<b>Living Arrangements</b>				
Be aware of federal housing regulations for the disabled				
Explore group homes and tenant support apartment living programs				
Find out about financial assistance programs				
Learn how to manage money and budget household expenses				
Understand leases				
Know the responsibilities of a tenant & landlord				
Know how to fill out an application				
Check for wheelchair accessibility if needed				
Look into transportation				
Know about services: electricity, phone, water				

Source: Youth in Transition Project, University of Washington Division of Adolescent Medicine  
Date: 1984-1987







