



Family Involvement - Skill Development at Home

Skill Development	In Progress	Completed
Self Advocacy		
Acknowledges disability		
Articulates learning preferences		
Visual Learner		
Needs to take and refer to notes		
Needs tasks broken down step by step		
Requires note cards or a notebook for reminders		
Requests the use of technology to manage time		
Reinforce Attendance		
Sets alarm and responsible for getting self up in morning		
Takes responsibility for morning routine		
Knows bus routine, time and has bus money ready		
Prepare for the Next Day the Night Before		
Prepares lunch or has lunch money ready		
Shower /shampoo hair		
Lays out clean clothes and badge (if required)		
Checks weather and dress appropriately		
Sets alarm		
Reinforce Stamina		
Daily Exercise routine		
Join the YMCA		
Walk the dog/take a walk every day		
Get involved in sports – promotes team skills		
Review medications before each rotation		
Review daily routine and help adjust to change of schedules		
Responsible for getting a good night's sleep		
Establish a nightly bedtime schedule and routine		

Nutrition		
Includes healthy choices for snacks		
Packs own lunch with healthy options		

Skill Development	In Progress	Completed
Budgeting		
Establishes and maintains realistic daily/weekly budget		
Is responsible for managing their own budget		
Social/Communication Skills		
Understands and respects personal space		
Understands appropriate versus inappropriate conversations		
Does not interrupt		
Maintains a business tone of voice		
Refrains from talking under their breath		
Does not bring personal problems to work		
Appropriate use of cell phone – not during work		
Knows how to shake hands and introduce themselves		

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