

# How do I?

A list of useful links, showing techniques for performing basic living skills. Some are descriptions with pictures, others are videos.

This list is presented as a convenience, and does not imply endorsement of any of these techniques by Autism Housing Pathways. Autism Housing Pathways, its officers and directors, are not in any way responsible for any negative consequences to life, health, finances or property resulting from using these links. For a complete legal disclaimer, see:

<http://autismhousingpathways.net/wp-content/uploads/2014/05/DocsLegalDisclaimer.pdf>

## Financial and identity:

How to write a check:

<http://www.wikihow.com/Write-a-Check>

How to balance a checkbook:

<http://www.wikihow.com/Balance-a-Checkbook>

How to use an ATM:

<http://www.wikihow.com/Use-an-ATM>

<http://classroom.synonym.com/steps-using-atm-11871.html>

<http://www.youtube.com/watch?v=5PGEWejcmNU>

How to check credit score:

<http://www.consumer.ftc.gov/articles/0155-free-credit-reports>

<http://www.annualcreditreport.com/index.action>

Things to do before your wallet or purse is lost or stolen (to prevent disaster if it is):

<http://consumerist.com/2010/07/24/five-things-to-do-before-losing-your-wallet/>

<http://blog.iliumsoft.com/2006/11/20/please-dont-photocopy-your-wallet/> (play it safe and use a home photocopier to do this, not one at a library or copy center)

What to do after your wallet or purse is lost or stolen:

<http://abcnews.go.com/Blotter/wallet-lost-stolen/story?id=18358398>

How to prevent identity theft:

<http://www.consumer.ftc.gov/articles/0272-how-keep-your-personal-information-secure>

<http://www.consumer.ftc.gov/media/video-0023-five-ways-help-protect-your-identity> (video and transcript)

How to cope with identity theft:

<http://www.consumer.ftc.gov/articles/0005-identity-theft>

<http://www.identitytheft.gov/Steps>

## Community:

How to address an envelope:

[http://www.abcteach.com/free/e/envelope\\_formatting.pdf](http://www.abcteach.com/free/e/envelope_formatting.pdf)

<http://www.wikihow.com/Label-an-Envelope>

How to enclose a self-addressed stamped envelope (SASE):

<http://www.wikihow.com/Send-an-S.A.S.E.-%28Self-Addressed-Stamped-Envelope%29>

How to send a letter by certified mail, and get legal proof it was received:

[http://mailservices.illinoisstate.edu/USPS/Certified\\_Mail.shtml](http://mailservices.illinoisstate.edu/USPS/Certified_Mail.shtml)

How to pump gas:

<http://www.wikihow.com/Pump-Gas>

How to put air in car tires at a gas station:

<http://www.youtube.com/watch?v=Gfo5dKgQQYw>

How to change a tire:

<http://www.wikihow.com/Change-a-Tire>

## Body and health:

What goes in a first aid kit:

<http://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit>

How to treat a cut:

[http://www.nlm.nih.gov/medlineplus/ency/presentations/100208\\_1.htm](http://www.nlm.nih.gov/medlineplus/ency/presentations/100208_1.htm)

How to ask for a doctor's appointment:

<http://englishcommunicationexercises.wordpress.com/making-a-doctors-appointment/> (examples)

How to insert a tampon:

<http://www.newkidscenter.com/How-to-Use-a-Tampon-Real-Demonstration.html>

<http://www.theperiodblog.com/how-to-guides/how-to-insert-tampon/>

How to do a breast self-exam:

[http://www.breastcancer.org/symptoms/testing/types/self\\_exam/bse\\_steps](http://www.breastcancer.org/symptoms/testing/types/self_exam/bse_steps)

## Household:

### Cleaning

How to clean a toilet:

<http://www.apartmenttherapy.com/how-to-really-clean-your-toile-137156>

<http://www.youtube.com/watch?v=VfDoGQ6urE0>

How to clean a kitchen or bathroom:

[http://autismhousingpathways.net/wp-content/uploads/2014/05/Cleaning\\_rubric1.pdf](http://autismhousingpathways.net/wp-content/uploads/2014/05/Cleaning_rubric1.pdf)

How to do laundry:

<http://www.wikihow.com/Do-Laundry> (2 methods; #2 is easier)

### Cooking

Recipes:

#### Breakfast

How to boil water:

<http://www.dummies.com/how-to/content/how-to-boil-water.html> (stove top)

Tea

<http://www.tetleyusa.com/about-tea/tea-tips>

Coffee

<http://www.wikihow.com/Make-Instant-Coffee> (instant)

<http://www.folgerscoffee.com/coffee-how-to/how-to-videos/how-to-make-coffee> (coffee maker)

<http://www.folgerscoffee.com/coffee-how-to/how-to-videos/how-to-use-k-cup> (K-cup pod)

Cereal

<http://www.youtube.com/watch?v=Lh3zkzAbQL4>

Instant oatmeal

<http://www.quakeroats.com/products/hot-cereals/instant-oatmeal/variety-pack.aspx> (scroll down and click on "preparation instructions")

Toast

<http://www.youtube.com/watch?v=rJQpylIV3-s>

English muffins

[http://youtu.be/IXQCJhw\\_guY](http://youtu.be/IXQCJhw_guY)

Frozen waffles

[http://www.ehow.com/how\\_8399772\\_cook-frozen-waffles-toaster.html](http://www.ehow.com/how_8399772_cook-frozen-waffles-toaster.html) (toaster)

<http://www.livestrong.com/article/448232-how-to-cook-waffles-in-the-oven/> (oven)

<http://www.livestrong.com/article/446249-how-to-cook-eggos-in-the-microwave/> (microwave)

French toast

<http://www.food.com/recipe/basic-french-toast-147554>

Scrambled eggs

<http://www.incredibleegg.org/cooking-school/egg-cookery/microwave-scramble-eggs/> (microwave)

<http://www.incredibleegg.org/cooking-school/egg-cookery/stovetop-scramble-eggs/> (frying pan)

Pancakes

<http://youtu.be/5g2IXzuyTm4> (Aunt Jemima mix)

<http://m.wikihow.com/Make-Bisquick-Mix-Pancakes> (Bisquick mix)

Bacon

<http://www.foodnetwork.com/recipes/articles/how-to-make-bacon-in-the-microwave.html>  
(microwave)

### Lunch

Peanut butter sandwich:

<http://m.wikihow.com/Make-a-Peanut-Butter-and-Jelly-Sandwich>

<http://youtu.be/GX1EjqXAszM>

Grilled cheese sandwich

<http://www.kraftrecipes.com/recipes/americas-favorite-grilled-cheese-sandwich-52507.aspx>

Ham and cheese sandwich with lettuce

<http://youtu.be/hiUub1sQiLU>

Soup

<http://youtu.be/b7sTU6FDGaw> (Campbell's)

<http://youtu.be/6RDHC1epWeE> (Progresso)

<http://www.livestrong.com/article/436268-how-to-microwave-soup/> (microwave)

Turkey spinach wrap

<http://youtu.be/jUOfZum7HFo>

Smoothie

[http://youtu.be/\\_dtXSFDbm0U](http://youtu.be/_dtXSFDbm0U) (banana smoothie with whole milk)

<http://youtu.be/-MrilwQ7vqo> (green smoothie with water)

### Dinner

Pasta (using a Lekue microwave pasta cooker)

<http://www.youtube.com/watch?v=nYs7Jxm5y4Q>

White rice (using a rice cooker)

<http://www.marthastewart.com/951195/white-rice-rice-cooker>

Hamburger (using a George Foreman grill) (also works for chicken or fish)

<http://www.youtube.com/watch?t=5&v=-h1dtX6ovn4>

Beef and baked beans stew (using a crockpot)

<http://www.food.com/recipe/crock-pot-cowboy-beef-baked-beans-stew-16546>

Microwave Asian chicken, vegetable, and rice (using a microwave rice steamer)

<http://www.youtube.com/watch?v=tqK9--GaWNg>

Macaroni and cheese (using a crockpot)

<http://www.youtube.com/watch?v=Qj4ihK36mNQ>

How to keep food safe:

<http://www.foodsafety.gov/keep/basics/clean/index.html>

<http://www.foodsafety.gov/keep/basics/separate/index.html>

<http://www.foodsafety.gov/keep/basics/cook/index.html>

<http://www.foodsafety.gov/keep/basics/chill/index.html>

How long to keep food:

<http://www.foodsafety.gov/keep/charts/storagetimes.html>

<http://www.foodsafety.gov/keep/charts/eggstorage.html>

<http://www.foodsafety.gov/keep/emergency/index.html>

How to put out a grease fire:

<http://www.wikihow.com/Put-out-a-Grease-Fire>

### Emergency

What to do when the power goes out:

<http://www.mass.gov/eopss/agencies/mema/emergencies/power-outage/>

What goes in an emergency kit:

<http://www.mass.gov/eopss/agencies/mema/be-prepared/kit/> (some items don't apply to everyone; if you don't use something normally -- for example, a medical oxygen tank -- you don't need one)

## Plumbing

How to unstop a toilet:

<http://www.dummies.com/how-to/content/how-to-unclog-a-toilet-with-a-plunger.html> (with a plunger)

<http://www.youtube.com/watch?v=-83k9m5C1lo> (with a plunger)

<http://www.youtube.com/watch?v=IXmMPcC6I7k> (with an auger or toilet snake)

How to shut off the water supply to a sink:

<http://www.youtube.com/watch?v=WCpHFewA3Ew>

How to shut off the water supply to a toilet:

[http://www.youtube.com/watch?v=nGn\\_QHlfrhw](http://www.youtube.com/watch?v=nGn_QHlfrhw)

When to call a plumber:

<http://www.benjaminfranklinplumbing.com/blog/5-signs-you-need-to-call-a-plumber>

## Electrical

How to change a light bulb:

<http://www.wikihow.com/Change-a-Light-Bulb>

How to reset a circuit breaker:

<http://www.dummies.com/home-garden/home-improvement/electrical-wiring/how-to-reset-a-circuit-breaker/>

<http://www.youtube.com/watch?v=HxVHkdp-kN4>

How to reset a GFCI outlet:

[https://www.youtube.com/watch?v=QHlvy\\_zSQf8](https://www.youtube.com/watch?v=QHlvy_zSQf8)

When to call an electrician:

[http://www.copper.org/consumers/copperhome/HomePlan/wiring/Tp10\\_rsns\\_elctrn.html](http://www.copper.org/consumers/copperhome/HomePlan/wiring/Tp10_rsns_elctrn.html)

## Household – other

How to hang a picture:

[http://www.command.com/3M/en\\_US/command/how-to-use/picture-hanging-strips/](http://www.command.com/3M/en_US/command/how-to-use/picture-hanging-strips/)

Updated January 2019