

# Modified Adolescent Autonomy Checklist 1

| <b>Skills at home</b>  | <b>Can Do &amp; DOES<br/><del>Can Do Already</del></b> | <b>Can Learn how<br/><del>Needs Practice</del></b> | <b>Will need help<br/><del>Plan to Start</del></b> | <b>Will need this done<br/><del>Accomplished</del></b> |
|--|--|--|--|--|
| <b>Kitchen:</b>  |  |  |  |  |
| Operate appliances (cook top, oven, microwave, toaster, dishwasher, blender etc.)      |  |  |  |  |
| Use common kitchen tools (can opener, knife, measuring cups and spoons, grater, timer) |  |  |  |  |
| Help plan and prepare meals  |  |  |  |  |
| Make a grocery list  |  |  |  |  |
| Follow a recipe  |  |  |  |  |
| Put away the leftovers   |  |  |  |  |
| Follow safe food handling guidelines   |  |  |  |  |
| Set the table  |  |  |  |  |
| Do the dishes  |  |  |  |  |
| Familiarity with nutrition guidelines  |  |  |  |  |
|  |  |  |  |  |
| <b>Laundry</b>   |  |  |  |  |
| Put dirty clothes in hamper  |  |  |  |  |
| Sort clothes   |  |  |  |  |
| Use washer and dryer   |  |  |  |  |
| Iron   |  |  |  |  |
| Hand wash  |  |  |  |  |
| Fold clothes   |  |  |  |  |
| Put clothes away   |  |  |  |  |
| Determine if clothes are worn out or no longer fit                                     |  |  |  |  |
|  |  |  |  |  |
| <b>With the Family</b>   |  |  |  |  |
| Discuss news and events of the day   |  |  |  |  |
| Help take care of siblings   |  |  |  |  |
| Participate in family decisions  |  |  |  |  |
| Help plan family outings and vacations   |  |  |  |  |
| Take care of pets  |  |  |  |  |
|  |  |  |  |  |
| <b>Housekeeping</b>  |  |  |  |  |
| Clean room   |  |  |  |  |

# Modified Adolescent Autonomy Checklist 2

| <b>Skills at Home</b>                                       | <b>Can Do &amp; DOES<br/><del>Can Do Already</del></b> | <b>Can Learn how<br/><del>Needs Practice</del></b> | <b>Will need help<br/><del>Plan to Start</del></b> | <b>Will need this done<br/><del>Accomplished</del></b> |
|---|--|--|--|--|
| <b>Housekeeping, Cont'd.</b>                                |  |  |  |  |
| Make the bed/change the bed                                 |  |  |  |  |
| Choose decorations for room                                 |  |  |  |  |
| Minor repairs (change light bulbs, repair or assemble toys) |  |  |  |  |
| Basic sewing/mending skills                                 |  |  |  |  |
| Take out the trash  |  |  |  |  |
| Sort recycling  |  |  |  |  |
| <b>Gardening</b>  |  |  |  |  |
| Plan and plant a garden                                     |  |  |  |  |
| Mow/water the lawn  |  |  |  |  |
| Weed the garden   |  |  |  |  |
| Learn appropriate use of garden tools                       |  |  |  |  |
| Harvest and know what to do with produce                    |  |  |  |  |
| <b>Emergency</b>  |  |  |  |  |
| Know community emergency telephone numbers                  |  |  |  |  |
| Know where candles and flashlights are                      |  |  |  |  |
| Use a fire extinguisher                                     |  |  |  |  |
| Know how to turn water off                                  |  |  |  |  |
| Plan fire exits and emergency procedures                    |  |  |  |  |
| Know where extra house key is located                       |  |  |  |  |
| Know which neighbors you can ask for help                   |  |  |  |  |
| 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)            |  |  |  |  |

# Modified Adolescent Autonomy Checklist 3

| <b>Skills at Home</b>  | <del>Can Do &amp; DOES<br/>Can Do Already</del> | <del>Can Learn how<br/>Needs Practice</del> | <del>Will need help<br/>Plan to Start</del> | <del>Will need this done<br/>Accomplished</del> |
|--|---|---|---|---|
| <b>Personal Skills, Cont'd.</b>  |   |   |   |   |
| Get a haircut  |   |   |   |   |
| Choose appropriate clothes to wear   |   |   |   |   |
| Know how to pack for a trip, camp, or visit                                  |   |   |   |   |
| <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 filled/ refilled  |   |   |   |   |
| Keep a calendar/ phone schedule of doctor, dentist appointments              |   |   |   |   |
| Know height, weight, birthdate   |   |   |   |   |
| 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 organizations               |   |   |   |   |
| 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, phone navigation) |   |   |   |   |

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|--|--|--|--|--|
| <b>Community Skills, Cont'd.</b>   |  |  |  |  |
| Get around the city (pedestrian skills, asking directions)                             |  |  |  |  |
| Use public transportation (bus, taxi, lyft, train, medical transport, etc.)            |  |  |  |  |
| Locate bathroom in unfamiliar building (i.e. know how to ask)                          |  |  |  |  |
| Know about neighborhood stores and services  |  |  |  |  |
| Open a bank account  |  |  |  |  |
| Know how to use a debit/credit card  |  |  |  |  |
| Know how to order food/tip at a restaurant   |  |  |  |  |
| Get a library card   |  |  |  |  |
| Get a driver's license or picture ID   |  |  |  |  |
| Get a Social Security Card   |  |  |  |  |
| Use Post Office  |  |  |  |  |
| Volunteer for community events or organizations  |  |  |  |  |
| <b>Leisure Time Skills</b>   |  |  |  |  |
| Help plan a party or a vacation  |  |  |  |  |
| Invite a friend over   |  |  |  |  |
| Subscribe to a magazine  |  |  |  |  |
| Read a book  |  |  |  |  |
| Regulate TV, phone, and computer use   |  |  |  |  |
| Go for a walk/ Ride a bike   |  |  |  |  |
| Join the Scouts, YMCA/YWCA, 4-H Club, Boys and Girls club, Campfire, service club etc. |  |  |  |  |
| Go to a recreation center or gym   |  |  |  |  |
| Go to camp   |  |  |  |  |
| Attend school functions (plays, dances, concerts, sports)                              |  |  |  |  |
| Go to church, temple or mosque   |  |  |  |  |
| Keep a calendar of events  |  |  |  |  |
| Participate in a sport or club   |  |  |  |  |

# Modified Adolescent Autonomy Checklist 5

| <b>Skills At Home</b>   | <b>Can Do &amp; DOES<br/><del>Can Do Already</del></b> | <b>Can Learn how<br/><del>Needs Practice</del></b> | <b>Will need help<br/><del>Plan to Start</del></b> | <b>Will need this done<br/><del>Accomplished</del></b> |
|---|--|--|--|--|
| <b>Skills For The Future -<br/>Education</b>  |  |  |  |  |
| Meet with school Guidance Counselor   |  |  |  |  |
| Check future educational options  |  |  |  |  |
| Learn about scholarships, grants, and loans   |  |  |  |  |
| Explore different majors and career options   |  |  |  |  |
| Have short and long-term goals and plans for your life.                                       |  |  |  |  |
| <b>Vocational/Technical Options</b>   |  |  |  |  |
| Contact school Guidance or DD Worker  |  |  |  |  |
| Check on local job opportunities  |  |  |  |  |
| Find out about internships and apprentice programs  |  |  |  |  |
| Get information from community colleges   |  |  |  |  |
| Learn how to apply and interview for a job  |  |  |  |  |
| <b>Being a Citizen</b>  |  |  |  |  |
| Know your citizenship status  |  |  |  |  |
| Know how to sort fake news from real news   |  |  |  |  |
| Learn how to vote and exercise your rights  |  |  |  |  |
| Know how to be a good neighbor and to report crimes or accidents                              |  |  |  |  |
| <b>Living Arrangements</b>  |  |  |  |  |
| Be aware of federal housing regulations for the disabled                                      |  |  |  |  |
| Explore group homes, tenant support apartment living, dormitory living, shared and co-housing |  |  |  |  |
| Find out about financial assistance programs  |  |  |  |  |
| Learn how to manage money and budget household expenses                                       |  |  |  |  |
| Understand leases/mortgages   |  |  |  |  |

# Modified Adolescent Autonomy Checklist 6

| Skills At Home   | Can Do & DOES<br><del>Can Do Already</del> | Can Learn how<br><del>Needs Practice</del> | Will need help<br><del>Plan to Start</del> | Will need this done<br><del>Accomplished</del> |
|--|--|--|--|--|
| Know the responsibilities of a, roommate, tenant, landlord, and home owner   |  |  |  |  |
| Know how to fill out a housing application   |  |  |  |  |
| Check for wheelchair and transportation accessibility if needed  |  |  |  |  |
| Look into transportation in the neighborhood   |  |  |  |  |
| Know about services and utilities: electricity, phone, internet, water, garbage, etc.  |  |  |  |  |
| Know the purpose and value of insurances: health, renter, homeowner, car, travel, and life and how decide and purchase what you need.  |  |  |  |  |
| <p>Developed by the Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a Model developed by the Children's Rehabilitation Center at the University of Virginia. Updated July 2018 OR Family to Family HIC</p> |  |  |  |  |