



TOPIC	RECOMMENDED SKILLS TO TEACH	TIPS ON TEACHING SKILLS
Hygiene	<ul style="list-style-type: none"> ✓ Bathe or shower ✓ Toilet, including menstrual care ✓ Brush teeth ✓ Wash face ✓ Apply deodorant and/or body spray 	<ul style="list-style-type: none"> ▪ Break down the skill into individual steps. ▪ Laminate a sign with the steps and place it in the shower or bathroom for easy reference. ▪ Use pictures for quick reference. ▪ Use numbers on the steps and number the specific items in the bathroom. For example, if Step 3 is brushing teeth, put the number 3 on the toothbrush.
Grooming	<ul style="list-style-type: none"> ✓ Shave ✓ Style hair ✓ Take care of nails ✓ Take care of contacts or glasses 	<ul style="list-style-type: none"> ▪ Consider alternatives to traditional razors, including clippers or liquid hair remover. ▪ Explore different types of nail clippers that vary in sharpness and the noise they make when they clip, or teach your youth to use a nail file if needed. ▪ Assign specific days for the youth to clean their glasses, making it a scheduled routine.
Dressing	<ul style="list-style-type: none"> ✓ Get dressed and undressed ✓ Identify clean and dirty clothing ✓ Identify when to change self when soiled ✓ Match clothing ✓ Select clothing for the weather ✓ Identify appropriate and inappropriate clothing 	<ul style="list-style-type: none"> ▪ Break down the skill into individual steps, using visual aids with pictures as helpful reminders. ▪ Include in the routine a step to automatically put dirty clothing in the clothes hamper, in the washing machine, etc. ▪ Keep matching simple. Buy sets of clothing that always are worn together. ▪ Set temperature thresholds for wearing types of clothing. For example, always wear a coat if below 60 degrees, always wear gloves if under 30 degrees, etc.
Routines	<ul style="list-style-type: none"> ✓ Follow a morning routine ✓ Follow an evening routine ✓ Wake up on time ✓ Leave home on time and secure the home upon leaving 	<ul style="list-style-type: none"> ▪ Break down the skill into individual steps, using visual aids with pictures as helpful reminders. ▪ Use electronic reminders such as alarm clocks or virtual assistants (e.g., Alexa, Siri, Google Assistant). ▪ Provide a visual reminder by the front door to lock all doors, windows, etc.



HANDOUT 6-2: Functional Skills

TOPIC	RECOMMENDED SKILLS TO TEACH	TIPS ON TEACHING SKILLS
Meals	<ul style="list-style-type: none"> ✓ Prepare cold meals ✓ Use the microwave or stove ✓ Understand food types for balanced meals ✓ Identify spoiled and undercooked food ✓ Package leftovers properly 	<ul style="list-style-type: none"> ▪ Assign a day for menu planning and cleaning for the week. This day the youth will identify meals for the week and clean out any spoiled foods from the home. ▪ Use visuals of food groups to help in planning well-balanced meals. ▪ Explore different types of containers and utensils for proper storage. ▪ Teach how to date leftovers and make a routine for throwing out foods after an assigned date.
Phone Use	<ul style="list-style-type: none"> ✓ Make a call ✓ Answer a call ✓ Write down details from a call ✓ Maintain a phone book 	<ul style="list-style-type: none"> ▪ Practice what to say, how to ask who is calling, and writing down the information for a message. ▪ Memorize or program important phone numbers into the phone to assist with contacting people. ▪ Learn how to identify spam or fraudulent calls and how to respond appropriately to them.
Household Use	<ul style="list-style-type: none"> ✓ Use various light switches (bedrooms, kitchen, under cabinets, etc.) ✓ Use a thermostat ✓ Open and close door and window locks ✓ Use garage or electric doors 	<ul style="list-style-type: none"> ▪ Post visual reminders next to doors to turn off lights or consider use of motion detection lights. ▪ Explore the use of smart systems for the home. ▪ Keep a simplified list of instructions or tasks for how to troubleshoot common remote control issues such as changing the source, low battery, etc.
Household Care	<ul style="list-style-type: none"> ✓ Wash dishes ✓ Do laundry ✓ Organize and pick up belongings ✓ Vacuum or sweep ✓ Use disinfectant wipes and sprays 	<ul style="list-style-type: none"> ▪ Break down the skill into individual steps, using visual aids with pictures as helpful reminders. ▪ Create a list of home maintenance instructions such as changing an air filter or replacing smoke detector batteries. ▪ Practice using basic tools, such as hammers and screw drivers, at home before the transition to other living arrangements.



TOPIC	RECOMMENDED SKILLS TO TEACH	TIPS ON TEACHING SKILLS
Transportation	<ul style="list-style-type: none"> ✓ Use a map or GPS device for common routes ✓ Understand distance to locations and when to walk vs. use transportation ✓ Understand when and how to use bus routes, subway or train ✓ Understand how to use a taxi 	<ul style="list-style-type: none"> ▪ Determine whether a paper or an electronic map is preferable. When using electronic maps, teach how to navigate when the GPS fails or does not have signal. ▪ Encourage flexibility by teaching alternative modes of transportation or routes when the normal one cannot be accessed. ▪ Identify common signs and visual signals for public transportation.
Money	<ul style="list-style-type: none"> ✓ Identify currency ✓ Use a credit card ✓ Understand bank services ✓ Make and maintain a budget 	<ul style="list-style-type: none"> ▪ Create a "cheat sheet" or list of reminders of money services commonly used. ▪ Set limits and clear rules for what can and cannot be purchased with their credit card ▪ Practice safe money storage and credit card transaction skills.
Shopping	<ul style="list-style-type: none"> ✓ Purchase clothing ✓ Purchase food ✓ Purchase household supplies ✓ Identify the price with discount tags ✓ Make a choice or selection 	<ul style="list-style-type: none"> ▪ Create a list of items to purchase at the store, including details such as size (for clothing) or shapes and colors for novel items. ▪ Remember that each store has different ways to display a discount price; practice asking store clerks for help. ▪ When given a list or a menu of items, practice reviewing all of the items and selecting their choice.
Technology	<ul style="list-style-type: none"> ✓ Conduct a job search ✓ Use social media ✓ Understand online shopping 	<ul style="list-style-type: none"> ▪ Create a list of job search engines and key words for particular interests. ▪ Keep passwords safe and protected. ▪ Use all privacy settings when accessing social networks. ▪ Identify signs of online scams and phishing attacks.



HANDOUT 6-3: Health and Safety Skills

TOPIC	RECOMMENDED SKILLS TO TEACH	TIPS ON TEACHING SKILLS
Medication	<ul style="list-style-type: none"> ✓ Follow a schedule for routine medications ✓ Take the correct dose ✓ Schedule refills ✓ Use of over the counter medications 	<ul style="list-style-type: none"> ▪ Consider use of medicine bottle timers that lock the medication closed until the next dosage time. ▪ Consider using visual reminders, timers, pill dispensers, or other tools to ensure that routine medications are taken correctly. ▪ Specify what to do if they take the incorrect type or number of pills.
First Aid	<ul style="list-style-type: none"> ✓ Maintain a first-aid kit ✓ Use bandages and basic supplies ✓ Apply sunscreen ✓ Apply bug spray 	<ul style="list-style-type: none"> ▪ To practice these skills, use training videos or pretend scenarios with dolls/figurines. ▪ For sunscreens or insect repellants, use lotions or color-changing supplies that show when areas have been missed. ▪ Teach how to remove lotion or sprays from the eyes or other surfaces.
Emergencies	<ul style="list-style-type: none"> ✓ Know personal information (e.g., name, phone number, address) ✓ Know how to react during a house fire ✓ Know who and how to call for medical or personal emergency 	<ul style="list-style-type: none"> ▪ Keep an identification card in wallet or purse. ▪ Teach how to request help when not home, including how to accurately describe their surroundings. ▪ Practice escaping different houses or buildings in the event of an emergency. Teach avoiding elevators in case of fire.
Community Safety	<ul style="list-style-type: none"> ✓ Understand stranger danger ✓ Travel in safe areas ✓ Know how to ask for help ✓ Know how to identify "safe" staff in a public setting ✓ Understand the meanings of emergency signs 	<ul style="list-style-type: none"> ▪ Provide examples and discussion of appropriate vs. inappropriate touching, being mindful of cultural norms. ▪ When teaching "safe" community helpers, use common individuals such as police officers, store staff (e.g., are they wearing a name tag), etc. ▪ Use walks and outings in the community to learn emergency signs. Find common signs about electricity, heat, flooding.



TOPIC	RECOMMENDED SKILLS TO TEACH	TIPS ON TEACHING SKILLS
Health	<ul style="list-style-type: none"> ✓ Understand symptoms of common illnesses (e.g., cold, flu, allergies) and how to treat them ✓ Understand how to care for a skin rash ✓ Know when to call family support or physician for help 	<ul style="list-style-type: none"> ▪ Create a health care binder with common symptoms, how to treat them, and when to call for help. ▪ Use visual aids in the bathrooms as reminders of handwashing and other hygiene tasks to prevent illnesses. ▪ Create a medical health form with medical history and prescription details to bring to and update at each physician visit (see Handout 6-5: Medical Health Form (on page 93)).
Exercise	<ul style="list-style-type: none"> ✓ Maintain a routine ✓ Complete specific activities such as running, weight-lifting, walking, etc. ✓ Travel to and use a local gym 	<ul style="list-style-type: none"> ▪ Establish a set schedule to complete exercise activities each week. ▪ Teach the importance of staying hydrated and how to identify if they are straining themselves while exercising. ▪ A list of exercises, tips, and tricks is located in Handout 6-4: Exercise and Personal Health (on page 92).
Cybersafety	<ul style="list-style-type: none"> ✓ Understand internet social safety ✓ Understand financial safety ✓ Understand cyberbullying 	<ul style="list-style-type: none"> ▪ Warn that if meeting someone from the internet in person, always bring a trusted person along. ▪ Clarify when it is safe to share personally identifying information (e.g., real name, address, financial/credit card information, or Social Security number). ▪ If feeling uncomfortable online, for any reason, exit the website and tell a trusted person. ▪ Teach never to send pictures to unknown people.



HANDOUT 6-4: Exercise and Personal Health

Exercise is an important way to maintain healthy habits and also aids in reducing stress. Below is a list of exercises, tips, and tricks to motivate your young adult to maintain an exercise routine.

Ways to Create Interest in Exercise Routines

- ▶ Biking – find a map of local trails and make a goal to bike through each one
- ▶ Boxing – explore a local gym to find a mentor to box with
- ▶ Dance and fitness classes – use the class to learn about various cultures and music
- ▶ Jogging – set a goal to jog for the entirety of a favorite song
- ▶ Jumping rope – practice counting skills while jumping
- ▶ Karate – encourage your youth's peers to join a class and work collaboratively to earn belts
- ▶ Skating – start with a birthday party or social event with peers to create interest
- ▶ Swimming – don't focus on swimming laps, but encourage any type of swimming as exercise
- ▶ Team sports – create a backyard sports team to play soccer, football, etc.
- ▶ Walking – make a bingo sheet of local items to find in the neighborhood during walks
- ▶ Weightlifting – ask the local gym for mentors or coaches to teach skills and provide encouragement
- ▶ Yoga – try new yoga classes such as yoga with goats to create interest

Tips and Motivators

- ▶ Join a gym with family or friends and set a dedicated schedule to attend each week
- ▶ Set up community sports teams to play soccer or kickball
- ▶ Reward your young adult for exercising a specific number of times by given them something related to their favorite hobby
- ▶ Buy your youth new workout clothes
- ▶ Create a game or competition; for example, whoever can make the most baskets at the gym gets to pick where to go out to dinner
- ▶ Suggest reading a favorite book while on a stationary bike
- ▶ Take a fitness class together
- ▶ Dedicate time to create a favorite, healthy snack after the activity (trail mix, apples with peanut butter, etc.)