



What are Functional Living Skills?

<p>Foundational skills</p> <ul style="list-style-type: none"> ○ Learning to wait (e.g., waiting for a turn, waiting for an adult's attention) ○ Sharing and turn-taking (e.g., with toys, during activities) ○ Learning the concept of time (e.g., understanding "later," "now," using a timer, following a schedule) ○ Compliance and following instructions utilizing assent-based practices(e.g., one-step directions, multi-step directions) ○ Toleration, Cooperation, and Coping Skills (e.g., managing frustration, increasing cooperation, improving emotional regulation) ○ Listening, Imitation, and Learning Skills Development (e.g., encouraging engagement through structured and naturalistic interventions) <p>Community Living Skills</p> <ul style="list-style-type: none"> ○ Navigating public transportation ○ Shopping for groceries or other necessities ○ Interacting with community members (e.g., cashiers, librarians) ○ Understanding and following community rules and safety signs ○ Accessing community resources (e.g., library, park) <p>Safety Skills</p> <ul style="list-style-type: none"> ○ Understanding common dangers (e.g., fire, strangers, traffic) ○ Knowing personal information (e.g., name, address, phone number) ○ Emergency procedures (e.g., what to do in a fire, how to call 911) ○ Online safety 	<p>Self-Care Skills</p> <ul style="list-style-type: none"> ○ Toileting and hygiene (e.g., handwashing, brushing teeth, showering) ○ Dressing and grooming (e.g., selecting clothes, zipping, tying shoes) ○ Eating and meal preparation (e.g., using utensils, cooking simple meals, healthy eating habits) <p>Daily Living Activities</p> <ul style="list-style-type: none"> ○ Household chores (e.g., cleaning, laundry, making a bed) ○ Money management (e.g., counting money, making purchases, budgeting) ○ Time management (e.g., telling time, following a schedule, punctuality) <p>Problem-Solving and Decision-Making:</p> <ul style="list-style-type: none"> ○ Identifying problems and potential solutions ○ Making Choices (e.g., encouraging decision-making and self-determination) ○ Understanding consequences of actions ○ Flexibility and adapting to changes <p>Vocational and Pre-Vocational Skills</p> <ul style="list-style-type: none"> ○ Following directions in a work setting ○ Completing tasks independently ○ Maintaining appropriate work behavior ○ Understanding job expectations 	<p>Communication Skills</p> <ul style="list-style-type: none"> ○ Expressing wants and needs clearly ○ Asking for help ○ Following instructions ○ Engaging in conversations ○ Understanding non-verbal cues ○ Functional Communication (e.g., enhancing communication skills to meet needs effectively) <p>Social Skills</p> <ul style="list-style-type: none"> ○ Greeting others and initiating interactions ○ Sharing and taking turns ○ Understanding and respecting personal space ○ Cooperation and working with others ○ Responding appropriately to social cues <p>Self-Advocacy Skills</p> <ul style="list-style-type: none"> ○ Expressing preferences and opinions ○ Standing up for one's rights ○ Communicating boundaries ○ Seeking accommodations when needed ○ Supporting the development of communication skills that enable clients to advocate for their needs
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