

Life Skills for Children with Autism to Learn Before Graduation

Domestic Skills

- Cook A traditional breakfast, lunch and dinner
 - Wash and fold clothes Using a washer and dryer, then folding and putting away
 - Do a.m. and p.m. chores Make bed, run vacuum, dust furniture, perform personal skills
 - Put groceries away Put groceries in appropriate place
- *Bake a cake or cookies

Physical Skills

- Throw and catch balls Of all sizes without breaking fingers
 - Swim half a mile Know where and when it is safe to swim
 - Ride a bike Ride using appropriate safety skills
- *Be able to fly a kite and bring it back down in one piece

Handyman Skills

- Hang a picture straight Without making extra holes in the wall
 - Paint neatly Including cleaning up the mess
 - Know how to use basic tools How and when to use them around the house
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- *Program VCR

Outdoor Skills

- Hike with friends Walk to a specific area without getting lost
 - Plan and manage a sleepover Pack all necessary items for a sleepover
- *Know enough about wildlife to recognize them

Practical Skills

- Type well with both hands Use of spell check and printer

Organizational Skills

- Count change Pay for items and receive change in return
 - Go to the library Go to library to check out book and return it
 - Maintain an address book Have family and friends in book and ability to look up
- *Keep a weekly schedule without help

Social Skills

- Carry on a conversation Initiate conversation with person
 - Speak before a small group Of friends or family for 15 minutes
 - Tell a joke Well enough so that everyone gets it
- *Learn how to dance

Artistic Skills

- Draw an illustration At least well enough to get your point across
 - Confidence to sing aloud Even when everyone else can hear you
 - Know how to play an instrument Well enough to play in a group
- *Learn how to use a camera

Human Skills

- Care for a pet Feeding, clean-up and general care
 - Ask for help Knowing when and how to call 911 or ask someone for help
 - Work as a team member Workplace etiquette and ethics
- *Help someone in need without exposing yourself to danger

Orientation Skills

- Get around town Able to use public transportation if necessary
 - Read a map Able to read map of normal travel
 - Know how to help someone Able to call for help
- *Know which direction is north, south, east and west

Recreation Skills

- Play a team sport Instead of just watching
 - Maintain an exercise plan Exercise and eat well
 - Learn a game You can play with friends and family
- *Know how to ride a horse or row a boat

Survival Skills

- Know basic first aid Able to use items in a first aid kit
 - Know how to call the Dr. Know when and how to call the doctor if sick
 - Know when to defend yourself Know how and when to protect yourself
- *Know CPR

