



Teaching Daily Living and Residential Skills Tip Sheet

Students need to know how to take care of themselves and navigate their surroundings, regardless of where they choose to live after high school. Daily living encompasses those skills involved in taking care of oneself and belongings, including preparing food, maintaining hygiene, navigating health care, and making purchases for personal care. Residential living involves such skills as choosing a place to live, signing a rental agreement, furnishing a residence, and taking care of a home.

What Daily Living and Residential Skills Are Important for Students to Learn?

Daily Living

Food

- Purchasing food at the grocery store
- Planning meals and following recipes
- Operating a stove, oven, and microwave
- Cleaning food preparation areas
- Storing food properly
- Reading food labels
- Developing healthy eating habits

Personal Care

- Bathing/grooming
- Dressing
- Toileting
- Hand washing
- Dental care such as brushing teeth and flossing
- Feminine care

Health

Awareness of:

- Common illnesses (including prevention and treatment)
- Basic medication such as pain relievers and cold medications
- Which medications to use for certain ailments



- The difference between over-the-counter medications and prescription medications
- How to describe symptoms to health care providers
- What health insurance is and the different ways people can get health insurance
- How and when to seek medical help

Residential

Home Maintenance

- Using a vacuum cleaner
- Using a mop
- Sweeping
- Dusting
- Cleaning bathrooms
- Problem-solving what to do when something breaks
- Operating a washer and dryer
- Sorting clothing
- Using laundry detergent

Choosing a Place to Live

- Finding a place to live (e.g. internet searches, calling apartment complexes, or looking at social media postings)
- Understanding different housing documents
- Knowing what to look for in a good living place (e.g. amenities, location, and crime)
- Knowing what to ask about during a housing search (e.g. rules and regulations, security deposit, and rent)

How Can I Teach Daily Living and Residential Skills?

At Home

Send a vacuuming task analysis home for students to practice vacuuming with instruction for how families can record data.

In the Classroom

Teach students to search for apartments on the internet using systematic prompting.

At School

Use video modeling to teach students to prepare a microwaveable meal in the cafeteria.

In the Community

Go to a local laundromat and teach students to do laundry.



Residential and Daily Living Goals

Postsecondary Goal

Upon completing high school, Jana will live in a supported living community with a roommate.

Annual Goal

Given a scrubbing brush, Jana will clean dishes completely and put them in the drying rack in 3 out of 5 trials for 4 consecutive days of data collection as measured twice per week by teacher data collection by October 21, 2021.

Transition Service

Jana will tour 3 different supported living communities.

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