

# TEACHING RESIDENTIAL AND DAILY LIVING SKILLS: TIP SHEET

Wherever students choose to live after high school, they will need to know how to take care of themselves and how to navigate their surroundings.

### **What Do We Mean By Residential and Daily Living Skills?**

Daily living encompasses those skills involved in taking care of oneself and belongings, including preparing food, hygiene, health care, and making purchases for personal care.

Residential living involves such skills as choosing a place to live, signing a rental agreement, furnishing, and taking care of your home.

### **What Residential and Daily Living Skills Are Important for Students?**

#### **Daily Living:**

##### *Eating*

- 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



# Transition

T E N N E S S E E

## *Health*

Awareness of:

- Common illnesses (including prevention and treatment)
- Basic medication such as pain relievers, allergy 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

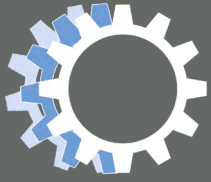
## **Residential:**

### *Home Maintenance*

- Using a vacuum cleaner
- Using a mop
- Sweeping
- Dusting
- Treating floors
- 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)
- Understanding different housing documents
- Knowing what to look for in a good living place (e.g. amenities, location, crime)
- Knowing what to ask about during a housing search (e.g. rules and regulations, security deposit)



# Transition

T E N N E S S E E

## How Can I Teach Residential and Daily Living Skills?

### *At home*

Practice vacuuming at school using a task analysis. Send the task analysis home for student to practice vacuuming at home, with instruction for how parents can record data.

### *In the classroom*

Teach students to search for apartments on the internet using a task analysis.

### *At school*

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

### *In the community*

Go to a local laundromat and teach students with significant support needs to do laundry using most-to-least prompting.

## Residential and Daily Living Goals

### *Postsecondary Goal*

Upon completion of 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 for 3 out of 5 opportunities for 4 consecutive days of data collection as measured twice per week by teacher data collection

### *Transition Service*

Jana will tour 3 different supported living communities.