



## Developing Independent Living Skills

### Age 13

Caregivers can help children develop independent living skills at any age. Self-care, home, and community living skills can be graded and adapted to meet your child's specific needs and ability level. The following chart describes activities that your child should be able to do at their developmental age level.

<p><b>Dressing Skills</b> Independently completes all dressing skills including fasteners and belts</p> <p><b>Female Dressing Skills</b> Independently completes all female specific dressing skills including elastic and front- or back-latched bras</p>	<p><b>Feeding Skills</b> Eats all textures of table food and mixed textured foods. Can use utensils to cut foods up and can pour liquids from a pitcher</p> <p><b>Toileting Skills</b> Toilet trained—Independently completes all toileting activities</p>
<p><b>Hygiene and Grooming Skills</b> Completes all hygiene and grooming skills independently including obtaining all supplies and maintaining a safe body position. Washes, rinses, and dries body parts, cares for teeth, styles hair, applies deodorant, and removes body hair</p>	<p><b>Personal Care Devices</b> Uses personal care devices such as contact lenses, glasses/sun glasses, hearing aids, orthotics, etc. Cares for and cleans personal care devices such as contact lenses, glasses/sunglasses, hearing aids, and orthotics, etc.</p>
<p><b>Other Functional Mobility Skills</b> Transfers to and from all surfaces. Obtains necessary materials to complete self-cares and home skills.</p> <p><b>School-Related Skills</b> Independently completes all school related skills</p>	<p><b>Managing Money and Shopping</b> Identifies the value of coins and bills Makes a simple purchase from a store or vending machine using cash independently Identifies if correct change is given after purchase Makes a shopping list and purchases correct items Deposits and withdraws money from a bank account with assistance Manages money independently</p>
<p><b>Housework/Chores</b> Independently picks up belongings Follows a written list of household chores and completes tasks independently Sets table and clears table independently Loads dishwasher or washes dishes by hand independently Unloads dishwasher or dries and puts away hand-washed dishes Completes light household chores independently Completes heavy household chores independently Puts away their own laundry (parent folds) Folds their own laundry and puts away</p>	<p><b>Safety Skills</b> Can receive and make calls Notifies adult when injured or hurt Can dial local emergency number (911) Can perform simple first-aid: Band-Aid®, ice Follows safety rules when talking with strangers Has stranger awareness when asked to leave a location with an unfamiliar person Follows fire safety rules and knows safety plan Identifies the location of fire extinguisher Knows the difference between putting out paper fires from grease fires Cleans up broken glass safely Knows natural disaster plan for their geographic area (tornado, earth quake) Identifies Carbon Monoxide detector and precautions</p>
<p><b>Meal Preparation</b> Prepares a cold snack or meal independently Uses the microwave safely to prepare a meal or snack Uses the stove top safely to prepare a meal or snack Prepares a meal or snack using the oven safely Uses kitchen appliances safely to prepare a meal Uses kitchen knives safely to prepare a meal Can plan and prepare light meals for self</p>	<p><b>Travel</b> Unlocks and opens door to leave house Uses key to unlock doors to enter house Travels to a familiar nearby location independently Follows verbal or written directions to a nearby location Follows basic road safety skills Takes the school bus to school and back safely</p>