

Things to Think About...

Please mark all areas of interest or concern.

LIFE SKILLS

- Using basic appliances & tools
- Maintaining house and grounds
- Fitness/wellness/nutrition
- Appropriate dress
- Personal hygiene/grooming
- Social skills
- Safety
- Sex education
- Marriage, children, parenting
- Preparing & consuming food
- Care of clothing
- Laundering of clothing
- Household cleaning
- Shopping
- Money management
- Care of medical condition
- Other _____

SOCIAL SKILLS

- Handling praise & criticism
- Knowledge of physical self
- Self-confidence
- Aware of emotions
- Respect for others
- Respect for authority
- Appropriate behavior in public
- Honesty
- Developing friendships
- Listening & responding
- Other _____

HOUSING OPTIONS

- Live Alone
- Live with roommate
- Live with existing family
- Live with other family member
- Apartment
- House
- Supervised apartment/house
- Host home
- Group Home
- Other _____

CAREER/EMPLOYMENT

- Full/Part-time regular job
(Competitive Employment)
- Full/Part-time
(Supported Employment)
- Self Employment
- Volunteer Work
- Sheltered Workshop
- Military Service
- Other _____

EMPLOYMENT DEVELOPMENT

- Awareness of job possibilities
- Understanding personal strengths
& areas I need to work on
- Being mindful of work habits
- Appropriate behaviors
- Finding & keeping a job
- Knowing appropriate dress
- Other _____

