

AUTONOMY CHECKLIST

Skill	Haven't Tried	Needs Practice	Can Do with Help	Can Do by Myself	Notes
● I can cook at least 5 healthy meals by operating kitchen appliances and following recipes.					
● I can set the table before meals and wash the dishes after meals.					
● I can dress appropriately for the weather and occasion.					
● I can put my dirty clothes in the hamper, wash them using the washer and dryer, fold them when they are clean, and put them back where they belong.					
● I shower regularly and brush my teeth every day.					
● I can do simple first aid and take care of my own minor injuries or illnesses (small cuts, headaches, colds).					
● I can clean my room, make my bed, and change the bedding.					
● I can manage a calendar and keep track of important appointments and tasks.					
● I know what to do in the case of an emergency.					
● I can manage my money and follow a budget.					
● I know how to search for things I need in my community (groceries, post office, bank, pharmacy).					

AUTONOMY CHECKLIST

	Skill	Haven't Tried	Needs Practice	Can Do with Help	Can Do by Myself	Notes
●	I feel comfortable interacting with people in the community and asking them for help (salespeople, servers, information desk workers).					
●	I can plan and go on an outing with my friends or family members (movies, shopping, beach).					
●	I can navigate public transportation and get around the city.					
●	I can arrive at appointments, meetings, or activities on time and know how to problem-solve if I am running late or lost.					
●	I can speak up for myself and tell others what I want or need.					
●	I feel comfortable talking about my feelings with people close to me (family members, friends).					
●	I can introduce myself to someone new.					
●	I can read and understand other people's body language.					
●	I feel confident making decisions for myself.					
●	I have thought about and have an idea of what I want my future to look like.					