

Independent Living

Personal Management -
The student engages in coordinated decision-making and actions that affect personal appearance, such as hygiene, grooming, and outward behavior. WRS: 4, 5, 6 IND- PERS

1 Recognize and Recall

- a Participate and respond to others in externally managed self-care routines IND- PERS.1A
 - b Indicate SPIN(strengths, preferences, interests, and needs) IND- PERS.1B
 - c Seek assistance when help is needed IND- PERS.1C
 - d Communicate need to use the bathroom or need for assistance IND- PERS.1D
 - e Recognize appropriate and challenging behavior identified in rules, laws and personal positive behavior support system IND- PERS.1E
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2 Identify and Comprehend

- a Express preferences and perform portions of self-care routines IND- PERS.2A
 - b Identify clothing appropriate to the weather IND- PERS.2B
 - c Complete all components of getting dressed IND- PERS.2C
 - d Complete several grooming tasks IND- PERS.2D
 - e Make adjustments to appearance when notified IND- PERS.2E
 - f Follow rules and routines in response to a positive behavior support system IND- PERS.2F
 - g Make choices in a variety of situations and identifies reasons for making the choice IND- PERS.2G
 - h Understand causes of conflict IND- PERS.2H
 - i Identify changes and stress caused by changes IND- PERS.2I
 - j Identify strategies to deal with stress IND- PERS.2J
 - k Communicate anger, frustration or disapproval IND- PERS.2K
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3 Interpret and Understand

- a Make choices and complete most selfcare routines IND- PERS.3A
- b Adhere to most expectations IND- PERS.3B
- c Use a self management system to follow rules, complete routines, regulate sensory needs, and/or manage individual stress IND- PERS.3C
- d Utilize and describe a decision making process IND- PERS.3D
- e Use time wisely IND- PERS.3E

- f Communicate calmly and directly when there is conflict IND- PERS.3F
 - g Utilize strategies to deal with stress and anxiety IND- PERS.3G
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4 Apply and Generalize

- a Maintain, manage and modify appearance and self-care as needed IND- PERS.4A
 - b Regularly check appearance and make adjustments as needed IND- PERS.4B
 - c Follow rules and procedures IND- PERS.4C
 - d Self-manage behavior and stress IND- PERS.4D
 - e Self-advocate in adverse situations IND- PERS.4E
 - f Recognize a “bad day” and determine how to impact it in a way that turns negative into positive IND- PERS.4F
 - g Set priorities IND- PERS.4G
 - h Find ways to handle conflict IND- PERS.4H
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Safety and Health - The student takes action that impacts the wellbeing of self or others including safety (prevents and reduces accidents and/or exposure to harm) and health knowledge. WRS: 2, 11 IND-SAFETY

1 Recognize and Recall

- a Participate in and responds to another during health care routines and safety protocols IND-SAFETY.1A
 - b Recognize safety hazards and health concerns IND-SAFETY.1B
 - c Recognize personal boundaries IND-SAFETY.1C
 - d Identify names and faces of family, peers, teachers, and employers IND-SAFETY.1D
 - e Identify personal information (written or verbal to include, name, phone number, address, age, social security number) IND-SAFETY.1E
 - f Recognize warnings, hazardous materials, and dangerous situations IND-SAFETY.1F
 - g Recognize personal physical conditions (i.e. fever, dizzy tired, hungry) IND-SAFETY.1G
 - h Recognize people that can help IND-SAFETY.1H
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2 Identify and Comprehend

- a Respond to questions and expresses choices about health concerns IND-SAFETY.2A
- b Identify personal boundaries and inappropriate and appropriate touching IND-SAFETY.2B
- c Protest exploitative behaviors IND-SAFETY.2C
- d Respond to questions about interpersonal violations IND-SAFETY.2D
- e Identify community people, places, and functions IND-SAFETY.2E
- f Identify emergency and non-emergency situations IND-SAFETY.2F
- g Identify public and private information IND-SAFETY.2G
- h Identify persons to contact or when to remove oneself from a dangerous environment, hazardous situation IND-SAFETY.2H

- i Identify ways to maintain safety in common environments [IND-SAFETY.2I](#)
 - j Communicate personal medical information (allergies, current medications) [IND-SAFETY.2J](#)
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3 Interpret and Understand

- a Respond to safety hazard warnings [IND-SAFETY.3A](#)
 - b Report health concerns [IND-SAFETY.3B](#)
 - c Take care of some personal health needs [IND-SAFETY.3C](#)
 - d Maintain personal boundaries [IND-SAFETY.3D](#)
 - e Seek help when needed [IND-SAFETY.3E](#)
 - f Know persons to contact for assistance in emergency and nonemergency situations [IND-SAFETY.3F](#)
 - g Follow learned routine during emergency and non-emergency tasks (i.e., accessing services) [IND-SAFETY.3G](#)
 - h Relay information about hazardous situation by independently seeking assistance in situations (i.e., physically locating persons or calling family members or emergency personnel) [IND-SAFETY.3H](#)
 - i Safely self-administer medication using script, product labels, or task list. [IND-SAFETY.3I](#)
 - j Engage in exercise activities on a regular basis [IND-SAFETY.3J](#)
 - k Go to the doctor/ dentist on a regular basis [IND-SAFETY.3K](#)
 - l Avoid tobacco and other harmful substances [IND-SAFETY.3L](#)
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4 Apply and Generalize

- a Recognize and respond to safety hazards [IND-SAFETY.4A](#)
- b Follow safety protocols [IND-SAFETY.4B](#)
- c Warn and assist others in emergency situations [IND-SAFETY.4C](#)
- d Practice self-care for minor injuries and illness [IND-SAFETY.4D](#)
- e Seek information and medical help as needed [IND-SAFETY.4E](#)
- f Follow prescribed medical treatments [IND-SAFETY.4F](#)
- g Adhere to interpersonal boundaries and protocols [IND-SAFETY.4G](#)
- h Escape or stop intrusive behavior [IND-SAFETY.4H](#)
- i Report violations of self or witnessed to others [IND-SAFETY.4I](#)
- j Integrate information and problem solves during emergency and non-emergency situations in the community, home or school [IND-SAFETY.4J](#)
- k Identify situations to relay personal information and situations to withhold information [IND-SAFETY.4K](#)
- l Independently terminate hazardous situation within control and seeks assistance in situations requiring additional assistance [IND-SAFETY.4L](#)

- m Independently arrange to refill medications, make appointments, or identify necessary medical providers [IND-SAFETY.4M](#)

Handle stress in an appropriate manner [IND- PERS.4I](#)

i Handle stress in an appropriate manner [IND- PERS.4I](#)

Social and Communication - The student demonstrates skills necessary for positive interpersonal interactions and relationships. WRS: 3, 5, 6, 8 [IND-SOCIAL](#)

1 Recognize and Recall

- a Share space and tolerate the presence of others [IND-SOCIAL.1A](#)
- b Display positive expressions when sees a familiar face [IND-SOCIAL.1B](#)
- c Greet others with a smile or appropriate gesture [IND-SOCIAL.1C](#)
- d Display basic functions of communication: (making choices, requesting, gaining attention and/or rejecting) to interact with others within the context of familiar routines [IND-SOCIAL.1D](#)
- e State likes and dislikes [IND-SOCIAL.1E](#)
- f Gain attention of others [IND-SOCIAL.1F](#)
- g Invite others to participate in recreational activities [IND-SOCIAL.1G](#)
- h Allow peers to join in an activity [IND-SOCIAL.1H](#)

2 Identify and Comprehend

- a Display basic functional communication in a variety of novel situations with a variety of communication partners [IND-SOCIAL.2A](#)
- b Effectively communicate need for clarification [IND-SOCIAL.2B](#)
- c Identify positive peer interactions [IND-SOCIAL.2C](#)
- d Identify meaning of body language and responds appropriately [IND-SOCIAL.2D](#)
- e Introduce self to others [IND-SOCIAL.2E](#)
- f Identify conversational topics appropriate for different relationships [IND-SOCIAL.2F](#)
- g Accept being corrected [IND-SOCIAL.2G](#)
- h Refuse requests by others appropriately [IND-SOCIAL.2H](#)
- i End conversations appropriately [IND-SOCIAL.2I](#)
- j Establish peer relationships based on shared interest [IND-SOCIAL.2J](#)
- k Help others when needed and appropriate [IND-SOCIAL.2K](#)

3 Interpret and Understand

- a Initiate and respond in communication exchanges with others [IND-SOCIAL.3A](#)
- b Demonstrate positive social interactions with both familiar and unfamiliar people [IND-SOCIAL.3B](#)
- c Seek information from others in a variety of settings [IND-SOCIAL.3C](#)
- d Discuss activities from the immediate past [IND-SOCIAL.3D](#)

- e Offer corrections politely or not at all [IND-SOCIAL.3E](#)
 - f Make predictions about result of social interactions (social mapping) [IND-SOCIAL.3F](#)
 - g Relay pertinent information from social exchanges [IND-SOCIAL.3G](#)
 - h Maintain privacy for information that has been shared with them [IND-SOCIAL.3H](#)
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4 Apply and Generalize

- a Reciprocally communicate [IND-SOCIAL.4A](#)
 - b Elaborate upon information and seeks clarification as needed [IND-SOCIAL.4B](#)
 - c Apply and generalize effective communication and social conventions with a variety of people in a variety of settings and activities [IND-SOCIAL.4C](#)
 - d Take control of aversive situations, advocates with peers [IND-SOCIAL.4D](#)
 - e Demonstrate empathy toward others [IND-SOCIAL.4E](#)
 - f Detect level of interest of others within activities, adjusts behavior as needed [IND-SOCIAL.4F](#)
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Mobility - The student demonstrates skills required to travel from one place to another. [IND-MOBILITY](#)

1 Recognize and Recall

- a Respond to or follows another in movement from one place to another in a familiar environment [IND-MOBILITY.1A](#)
 - b Navigate the school building by independently moving from one place to another [IND-MOBILITY.1B](#)
 - c Recognize travel and safety signs [IND-MOBILITY.1C](#)
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2 Identify and Comprehend

- a Navigate from current location to a desired destination in a familiar environment/ community [IND-MOBILITY.2A](#)
 - b Identify personal transportation services or needs [IND-MOBILITY.2B](#)
 - c Identify the function of various community locations [IND-MOBILITY.2C](#)
 - d Understand the meaning of travel and safety signs [IND-MOBILITY.2D](#)
 - e Obey traffic laws as a pedestrian [IND-MOBILITY.2E](#)
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3 Interpret and Understand

- a Access public transportation services to travel to and from familiar places within the community with assistance [IND-MOBILITY.3A](#)
 - b Participate in travel training and/or is in possession of learner's permit for driving [IND-MOBILITY.3B](#)
 - c Secure and maintain personal transportation services [IND-MOBILITY.3C](#)
 - d Obey traffic laws as a pedestrian or cyclist [IND-MOBILITY.3D](#)
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4 Apply and Generalize

- a Use maps, signs, technology, and other resources to plan and navigate safe travel from one place to another **IND-MOBILITY.4A**
- b Estimate travel time **IND-MOBILITY.4B**
- c Modify and adapt travel plans as needed **IND-MOBILITY.4C**
- d Contact others to report changes in travel plans/times as necessary **IND-MOBILITY.4D**
- e Demonstrate driving skills and possess a driver's license OR navigates community with public/private transportation **IND-MOBILITY.4E**

Recreation and Leisure - The student demonstrates a repertoire of skills for alone time, personal development and/or community involvement. **IND-REC**

1 Recognize and Recall

- a Respond in structured recreation, leisure activities facilitated by another **IND-REC.1A**
- b Participate in Health and Physical Education Classes **IND-REC.1B**
- c Participate in a variety of leisure activities with others **IND-REC.1C**

2 Identify and Comprehend

- a Express choices and engages in highly preferred recreational/leisure activities **IND-REC.2A**
- b Participate in self-directed leisure activities as part of a schedule (start and terminate activities independently **IND-REC.2B**
- c Actively participate in new activities **IND-REC.2C**

3 Interpret and Understand

- a Self-initiate and engage in preferred recreation and leisure activities during alone or down time **IND-REC.3A**
- b Attend community events as participant or spectator **IND-REC.3B**

4 Apply and Generalize

- a Act on preferences to develop, engage and expand personal interests and hobbies **IND-REC.4A**
- b Effectively self-manage expected and unexpected free time **IND-REC.4B**
- c Seek and maintain membership and participation in groups that develop personal interests and pursuits **IND-REC.4C**

Food Preparation - The student demonstrates skill that include organizing, planning, and preparing food including food safety and storage. **IND-FOOD**

1 Recognize and Recall

- a Recognize common materials and items related to food prep (kitchen items, foods) **IND-FOOD.1A**
- b Avoid potential dangers in the kitchen **IND-FOOD.1B**
- c Eat a variety of healthy foods **IND-FOOD.1C**
- d Clean up eating area when finished **IND-FOOD.1D**

e Use appropriate materials to eat food [IND-FOOD.1E](#)

f Sort food by storage requirements [IND-FOOD.1F](#)

2 Identify and Comprehend

a Categorize food by storage type, food group [IND-FOOD.2A](#)

b Prepare a simple snack [IND-FOOD.2B](#)

c Choose nutritious foods [IND-FOOD.2C](#)

d Safely manage all kitchen materials and equipment [IND-FOOD.2D](#)

e Identify different methods for cooking [IND-FOOD.2E](#)

f Safely manage and stores food items [IND-FOOD.2F](#)

g Maintain clean work areas. [IND-FOOD.2G](#)

h Identify food by nutrient (protein, carbohydrate, fiber, sugar, etc.) [IND-FOOD.2H](#)

3 Interpret and Understand

a Prepare a variety of simple meals for self [IND-FOOD.3A](#)

b Store food appropriately [IND-FOOD.3B](#)

c Plan snacks and meals for self [IND-FOOD.3C](#)

d Eat balanced meals [IND-FOOD.3D](#)

e Follow recipes to shop for meals [IND-FOOD.3E](#)

f Identify and dispose of food based on smell, appearance, and/or expiration date [IND-FOOD.3F](#)

g Determine appropriate time to reheat using a microwave [IND-FOOD.3G](#)

4 Apply and Generalize

a Plan and prepare a variety of meals for self and others utilizing a variety of cooking techniques [IND-FOOD.4A](#)

b Simultaneously manage multiple components of meal preparation [IND-FOOD.4B](#)

c Clean up after meals [IND-FOOD.4C](#)

Home Living/Management - The student demonstrates independence with completing routine cleaning, laundry, minor repairs, and other common tasks. [IND-HOME](#)

1 Recognize and Recall

a Clean up activities when complete [IND-HOME.1A](#)

b Return materials to designated places within structured routines [IND-HOME.1B](#)

c Identify examples of tools, cleaning supplies [IND-HOME.1C](#)

d Sort clean and dirty laundry [IND-HOME.1D](#)

2 Identify and Comprehend

a Maintain organized living space [IND-HOME.2A](#)

b Return materials to designated places out of the context of routines [IND-HOME.2B](#)

- c Utilize correct materials to clean (dishes, clothes, bathrooms, floors, etc.) **IND-HOME.2C**
 - d Clean as part of guided routines (dishes, laundry, dusting, vacuuming, etc.) **IND-HOME.2D**
 - e Recognize a mess and clean it up **IND-HOME.2E**
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3 Interpret and Understand

- a Maintain a clean living space through regular cleaning **IND-HOME.3A**
 - b Complete laundry by identifying appropriate wash cycle, washing, drying, and folding **IND-HOME.3B**
 - c Independently clean specified areas **IND-HOME.3C**
 - d Plan and abide by household maintenance schedule (cleaning, emptying trash, collecting mail, changing sheets, etc.) **IND-HOME.3D**
 - e Effectively clean a variety of rooms typically found in a home **IND-HOME.3E**
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4 Apply and Generalize

- a Organize home and work space in a functional way **IND-HOME.4A**
 - b Make minor home repairs/adjustments (clear a clogged drain, setup Wi-Fi, tighten loose accessories, change light bulbs) **IND-HOME.4B**
 - c Recognize need for additional help **IND-HOME.4C**
 - d Maintain a cleaning schedule **IND-HOME.4D**
 - e Utilize a variety of resources to troubleshoot household problems **IND-HOME.4E**
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Using Services - The student utilizes services and community resources such as a laundromat, post office, library, hair salon, take out, banks, etc. **IND-SERVICES**

1 Recognize and Recall

- a Identify common locations by function/service provided **IND-SERVICES.1A**
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2 Identify and Comprehend

- a Use library **IND-SERVICES.2A**
 - b Order and pick up take-out food **IND-SERVICES.2B**
 - c Ask for assistance in stores **IND-SERVICES.2C**
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3 Interpret and Understand

- a Pay bills on time **IND-SERVICES.3A**
 - b Maintain a bank account **IND-SERVICES.3B**
 - c Use laundromat/dry cleaner routine **IND-SERVICES.3C**
 - d Utilize movie rental services **IND-SERVICES.3D**
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4 Apply and Generalize

- a Identify and utilize services for home maintenance and repair (calling landlord or contractor) **IND-SERVICES.4A**

- b Make and keep appointments [IND-SERVICES.4B](#)
 - c Order and manage utilities and bills (electric, water, phone, cable, etc.) [IND-SERVICES.4C](#)
 - d Utilize customer service to address needs [IND-SERVICES.4D](#)
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Wellness - The student demonstrates knowledge and engages in healthy practices in everyday life. [IND-WELLNESS](#)

1 Recognize and Recall

- a Practice healthy habits and routines to limit spread of germs for a number of everyday tasks (bathroom use, washing hands, eating food, and blowing nose) [IND-WELLNESS.1A](#)
 - b Identify signs, words and symbols associated with poisonous products [IND-WELLNESS.1B](#)
 - c Use a prompt (visual or auditory) to increase independence with daily routines (i.e., picture task analysis, notes on iPad, timer or alarm reminders) [IND-WELLNESS.1C](#)
 - d Recognize signs of illness in self and/or others [IND-WELLNESS.1D](#)
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2 Identify and Comprehend

- a Express rules and guidelines related to intake of potentially poisonous or poisonous products used in your everyday life (i.e., mouthwash, bleach, detergent, aspirin, and nail polish) [IND-WELLNESS.2A](#)
 - b Identify who to call when feeling ill [IND-WELLNESS.2B](#)
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3 Interpret and Understand

- a Practice advanced skills to promote cleanliness and hygiene (wash clothing, clean surfaces, staying away from others who are sick, covering mouth/nose) [IND-WELLNESS.3A](#)
 - b Demonstrate understanding of germs/germ safety and associated risks [IND-WELLNESS.3B](#)
 - c Store and use protective gear to ensure safety and generalize knowledge about commonly used poisonous products to unfamiliar products (i.e., paint, gasoline, oil, turpentine) [IND-WELLNESS.3C](#)
 - d Use portable devices to provide task analysis of novel tasks and reminders (i.e., alarm for medicine intake, bathroom use) [IND-WELLNESS.3D](#)
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4 Apply and Generalize

- a Demonstrate understanding of healthy habits by generalizing steps in routines to novel situations or environments [IND-WELLNESS.4A](#)
- b Demonstrate understanding of germs/germ safety and associated risks [IND-WELLNESS.4B](#)
- c Demonstrate proper selection, use, storage, and disposal of various poisonous products (safety guidelines) [IND-WELLNESS.4C](#)
- d Independently create and use task analyses or reminders to ensure safe and healthy practices (input medicine reminders) [IND-WELLNESS.4D](#)

- e Exercises universal precautions [IND-WELLNESS.4E](#)
 - f Demonstrate understanding of who or how to contact others in an emergency or when feeling ill [IND-WELLNESS.4F](#)
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Nutrition - The student demonstrates understanding of proper nutrition in order to lead a healthy life. [IND-NUTRITION](#)

1 Recognize and Recall

- a Differentiate between food items (food vs. non- food items) [IND-NUTRITION.1A](#)
 - b Find menus of favorite restaurants on the internet [IND-NUTRITION.1B](#)
 - c Sample a variety of healthy food choices [IND-NUTRITION.1C](#)
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2 Identify and Comprehend

- a Identify food you need for health (fruit and vegetables vs. candy and chips) [IND-NUTRITION.2A](#)
 - b Demonstrate knowledge of labels and vocabulary (reading or site words) related to healthy eating (vitamin, calorie, sugars, fat, and salt) [IND-NUTRITION.2B](#)
 - c Identify nutritional information provided for select food on internet or on food labels (i.e., calories, fat, and saturated fat) [IND-NUTRITION.2C](#)
 - d Identify a variety of preferred healthy foods [IND-NUTRITION.2D](#)
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3 Interpret and Understand

- a Identify portion size and nutritionally balanced meals (i.e., Knowledge of food pyramid, ability to identify healthy portions, ability to develop daily menu) [IND-NUTRITION.3A](#)
 - b Read labels to select healthy foods based on two to three key nutritional values [IND-NUTRITION.3B](#)
 - c Compare and contrast nutritional information provided for select food on internet (i.e., calories, fat, saturated fat, vitamins, cholesterol, and salt) [IND-NUTRITION.3C](#)
 - d Purchase preferred healthy food or share healthy food choices with persons purchasing food in household and teachers or cooks/clerks in school cafeteria [IND-NUTRITION.3D](#)
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4 Apply and Generalize

- a Plan, prepare and consume at least two nutritionally balanced meals daily [IND-NUTRITION.4A](#)
- b Make selections based on labels and individualized health needs (high cholesterol- look for low salt content, overweight - look for low calorie or fat or high fiber values, maintaining health-look for foods with Vitamins and fiber) [IND-NUTRITION.4B](#)
- c Analyze differences in foods in terms of nutrition listed by researching food nutritional values on the internet [IND-NUTRITION.4C](#)
- d Use knowledge of healthy food preferences to prepare and cook meals [IND-NUTRITION.4D](#)