



Independence Skills Goals

Communication

- know how to express an idea, question or feeling
- let others know what I need
- know how to arrange for sign language or other interpreter, if needed
- know how to care for communication devices and use them independently
- know how to communicate by phone
- have a support person available if unable to communicate verbally
- know when, why and how to sign my name

Self Awareness

- know who is involved in decision making and who to trust
- know my name, address, telephone number and who else may have this information
- know my height, weight and birth date
- carry personal I.D. when leaving home
- wear a medical alert I.D.
- know when and how to protect my identity and private information
- know my past medical history
- understand human sexuality

Safety

- know how to keep myself safe, such as being aware of strangers, using a seatbelt, being safe crossing the street, etc.
- understand the safe use of computers and phones
- understand the proper use of matches
- respond appropriately to fire alarms, know fire exits and know where the meeting place is located in an emergency
- understand who can help
- know how and when to use emergency telephone numbers, such as "999"



Self Advocacy

- know how to stop and think and when to say “No”
- speak up for myself
- take part in my IEP (Individualized Education Program) meetings
- know people who can help me to take part in community activities
- know what agencies can support me as I become an adult
- know how to call and ask for information, materials and booklets
- have good communication with doctors and other professionals
- know about signing a form that will allow doctors to talk with parent(s) or legal guardian when I am 18

Activities of Daily Living

- know how to take care of my personal needs (dressing, eating, hygiene and grooming skills)
- manage basic household chores
- know how to shop for groceries
- safely cook and prepare food
- know how to get a library card
- know how to read labels and know what they mean or who to ask about them
- know how to use household cleaners properly
- know how to do laundry
- understand Hot and Cold
- know how to treat minor cuts, scrapes, burns and other simple first aide
- know how to care for my teeth and gums

Nutrition and Fitness

- understand if I have food allergies and how to safely deal with them
- understand if I have a specialized diet and how to get medical follow up on my dietary needs



St Vincent's Special National School



- understand the basics of good nutrition, including healthy food choices
- understand funding and budgeting for the purchase of food
- understand the benefits of a health and fitness program
- take part in activities that keep me physically fit with modifications as needed
- know and understand the dangers of smoking, drugs, alcohol and abusive behaviors
- know where and how to get help to maintain a healthy lifestyle
- know how to prepare and store food safely

Recreation and Socialization

- take part in activities with a group of peers/friends
- take part in activities that allow me quiet time for myself
- identify activities in the community that are meaningful to me and participate in them
- know what Day Service programs will be available after turning 18

Transportation

- know how to use transportation to get from place to place
- know how to get to doctor's office or other appointments
- know who can provide transportation and/or how to make arrangements
- understand safety aspects of walking
- know my home address
- know about saving