

Adolescent Autonomy Checklist

Skills at home	Can Do Already	Needs Practice	Plan to Start	Accomplished
Kitchen:				
Operate appliances (cook top, oven, microwave, toaster, dishwasher, blender etc.)				
Use common kitchen tools (can opener, knife, measuring cups and spoons, grater, timer)				
Help plan and prepare meals				
Make a grocery list				
Follow a recipe				
Put away the leftovers				
Follow safe food handling guidelines				
Set the table				
Do the dishes				
Familiarity with nutrition guidelines				
Laundry				
Put dirty clothes in hamper				
Sort clothes				
Use washer and dryer				
Iron				
Hand wash				
Fold clothes				
Put clothes away				
Determine if clothes are worn out or no longer fit				
With the Family				
Discuss news and events of the day				
Help take care of siblings				
Participate in family decisions				
Help plan family outings and vacations				
Take care of pets				
Housekeeping				
Clean room				

Adolescent Autonomy Checklist, Cont'd.

Skills at Home	Can Do Already	Needs Practice	Plan to Start	Accomplished
Housekeeping, Cont'd.				
Make the bed/change the bed				
Choose decorations for room				
Minor repairs (change light bulbs, repair or assemble toys)				
Basic sewing/mending skills				
Take out the trash				
Sort recycling				
Gardening				
Plan and plant a garden				
Mow/water the lawn				
Weed the garden				
Learn appropriate use of garden tools				
Harvest and know what to do with produce				
Emergency				
Know community emergency telephone numbers				
Know where candles and flashlights are				
Use a fire extinguisher				
Know how to turn water off				
Plan fire exits and emergency procedures				
Know where extra house key is located				
Know which neighbors you can ask for help				
Unclog the sink or toilet				
Personal Skills				
Use the phone				
Have a house key				
Budget allowance				
Go shopping				
Have privacy in the bathroom				
Manage personal grooming (shampoo, bath, shower)				

Adolescent Autonomy Checklist, Cont'd.

Skills at Home	Can Do Already	Needs Practice	Plan to Start	Accomplished
Personal Skills, Cont'd.				
Get a haircut				
Choose appropriate clothes to wear				
Know how to pack for a trip, camp, or visit				
Health Care Skills				
Understand health status				
Be aware of existence of medical records, diagnosis information, etc.				
Prepare questions for doctors, nurses, therapists				
Respond to questions from doctors, nurses, therapists				
Know medications and what they're for				
Get a prescription filled/ refilled				
Keep a calendar/ phone schedule of doctor, dentist appointments				
Know height, weight, birthdate				
Learn how to read a thermometer				
Know health emergency telephone numbers				
Know medical coverage numbers				
Obtain sex education materials/birth control if indicated				
Discuss role in health maintenance				
Have genetic counseling if appropriate				
Discuss drugs and alcohol with family				
Make contact with appropriate community advocacy organizations				
Take care of own menstrual needs and keep a record of monthly periods				
Community Skills				
Get around the city (pedestrian skills, asking directions, phone navigation)				

Adolescent Autonomy Checklist, Cont'd.

Skills At Home	Can Do Already	Needs Practice	Plan to Start	Accomplished
Community Skills, Cont'd.				
Get around the city (pedestrian skills, asking directions)				
Use public transportation (bus, taxi, lyft, train, medical transport, etc.)				
Locate bathroom in unfamiliar building (i.e. know how to ask)				
Know about neighborhood stores and services				
Open a bank account				
Know how to use a debit/credit card				
Know how to order food/tip at a restaurant				
Get a library card				
Get a driver's license or picture ID				
Get a Social Security Card				
Use Post Office				
Volunteer for community events or organizations				
Leisure Time Skills				
Help plan a party or a vacation				
Invite a friend over				
Subscribe to a magazine				
Read a book				
Regulate TV, phone, and computer use				
Go for a walk/ Ride a bike				
Join the Scouts, YMCA/YWCA, 4-H Club, Boys and Girls club, Campfire, service club etc.				
Go to a recreation center or gym				
Go to camp				
Attend school functions (plays, dances, concerts, sports)				
Go to church, temple or mosque				
Keep a calendar of events				
Participate in a sport or club				

Adolescent Autonomy Checklist, Cont'd.

Skills At Home	Can Do Already	Needs Practice	Plan to Start	Accomplished
Skills For The Future - Education				
Meet with school Guidance Counselor				
Check future educational options				
Learn about scholarships, grants, and loans				
Explore different majors and career options				
Have short and long-term goals and plans for your life.				
Vocational/Technical Options				
Contact school Guidance or DD Worker				
Check on local job opportunities				
Find out about internships and apprentice programs				
Get information from community colleges				
Learn how to apply and interview for a job				
Being a Citizen				
Know your citizenship status				
Know how to sort fake news from real news				
Learn how to vote and exercise your rights				
Know how to be a good neighbor and to report crimes or accidents				
Living Arrangements				
Be aware of federal housing regulations for the disabled				
Explore group homes, tenant support apartment living, dormitory living, shared and co-housing				
Find out about financial assistance programs				
Learn how to manage money and budget household expenses				
Understand leases/mortgages				

Adolescent Autonomy Checklist, Cont'd.

Skills At Home	Can Do Already	Needs Practice	Plan to Start	Accomplished
Know the responsibilities of a, roommate, tenant, landlord, and home owner				
Know how to fill out a housing application				
Check for wheelchair and transportation accessibility if needed				
Look into transportation in the neighborhood				
Know about services and utilities: electricity, phone, internet, water, garbage, etc.				
Know the purpose and value of insurances: health, renter, homeowner, car, travel, and life and how decide and purchase what you need.				

Developed by the Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a Model developed by the Children's Rehabilitation Center at the University of Virginia. Updated July 2018 OR Family to Family HIC

