



Skills For Life

As children grow into adults, they need to learn skills to navigate our world. Starting early gives them the best chance to learn and practice these skills before they are fully independent.

This article is about the skills they, with help, aim to develop before they leave home. Whether you are a parent, friend or support person of a person with disability, you can support them to develop life skills.

Examples of life skills to encourage independence

Hygiene

- Bathe and wash hands
- Brush and floss teeth
- Comb and style hair
- Cut fingernails

Clothes

- Dress self
- Coordinate outfits
- Put clothes in the hamper
- Fold/ hang up clothing
- Sort laundry
- Operate washing machine and dryer
- Peg clothes on the line
- Simple mending
- Ironing

Relationships

- Conversations Starters
- Keeping in touch
- Boundaries
- Making friends
- Sexual Health

Money

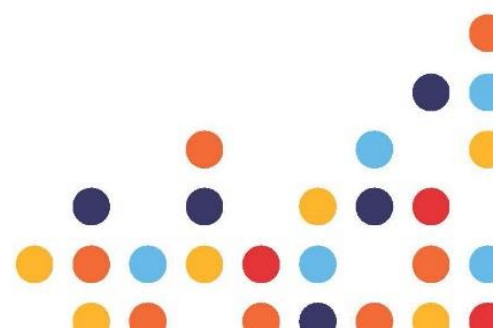
- Basic Budgeting
- Savings
- Life insurance (ambulance insurance)
- What to do if a card is lost or stolen
- Paying basic bills or buying things

Car

- Clean the inside and outside
- Refuel
- Check oil
- Tyre pressure
- Change tyre

Basic Housekeeping

- Pick up toys and clothes
- Empty garbage
- Make beds
- Load/unload the dishwasher
- Set and clean table



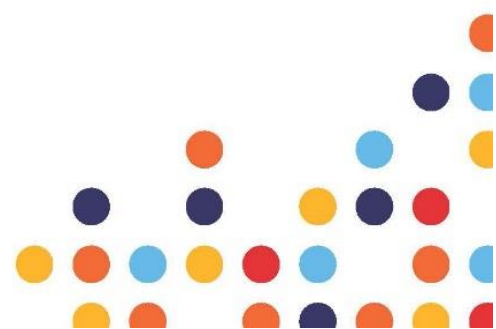
- Handwashing
- Dust
- Vacuum
- Mop Floors
- Clean windows
- Scrub bathrooms
- Wash walls

Food

- Feed self
- Basic nutrition
- Prepare simple meals
- Make juice
- Plan menu
- Organise shopping list
- Grocery shopping
- How to store produce
- Follow a recipe

Home care

- Mow lawn and weeding
- Use of basic tools
- How to change a lightbulb
- Emergency numbers
- Where to turn off water, gas and electricity
- Make bed



Social media

- Screen time control
- Healthy Social Media Use
- Where to make reports

Other

- Road safety
- Eating Out and ordering
- Basic First Aid
- Travel training
- Basic exercise
- Healthy lifestyle habits
- Hobbies

Employment

- Preparing a resume
- Attending an interview
- Workplace interaction
- Health and safety practices
- Teamwork
- Customer service

IDEAS does information so you can do life.

