Daily Living Skills Checklist

For ages 3 and up. Mark one box for each skill on a normal day. In each area, the simpler skills come first.

Name _____

Date _____

Alone: they start and finish with nobody reminding them.
With help: they need a word, a point or a hand for any step.
Not yet: they can't do it yet.

Getting dressed

	Alone	With help	Not yet
Takes off shoes, socks and a jacket.	☐	☐	☐
Puts on pants and a pull-over shirt.	☐	☐	☐
Puts on shoes and fastens them.	☐	☐	☐
Does buttons, snaps and zippers.	☐	☐	☐
Picks clothes that suit the weather.	☐	☐	☐
Gets dressed from start to finish.	☐	☐	☐

Eating and cooking

	Alone	With help	Not yet
Drinks from an open cup.	☐	☐	☐
Eats with a spoon and a fork.	☐	☐	☐
Spreads and cuts with a table knife.	☐	☐	☐
Makes cereal or a sandwich.	☐	☐	☐
Heats food in the microwave.	☐	☐	☐
Cooks a simple meal on the stove.	☐	☐	☐

Toilet and hygiene

	Alone	With help	Not yet
Washes and dries hands.	☐	☐	☐
Uses the toilet, wipes and flushes.	☐	☐	☐
Brushes every tooth, top and bottom.	☐	☐	☐
Bathes or showers and washes hair.	☐	☐	☐
Uses deodorant every day.	☐	☐	☐
Handles shaving or a period, if needed.	☐	☐	☐

Around the house

	Alone	With help	Not yet
Puts things back where they go.	☐	☐	☐
Puts dirty clothes in the hamper.	☐	☐	☐
Sets and clears the table.	☐	☐	☐
Makes their bed.	☐	☐	☐
Washes dishes or loads the dishwasher.	☐	☐	☐
Washes, dries and folds laundry.	☐	☐	☐

Staying safe

	Alone	With help	Not yet
Stays close in a store or parking lot.	☐	☐	☐
Asks you before opening the front door.	☐	☐	☐
Gives their name and your number.	☐	☐	☐
Stops at the curb and looks both ways.	☐	☐	☐
Asks a store worker for help if lost.	☐	☐	☐
Takes medicine the right way, on time.	☐	☐	☐

Money

	Alone	With help	Not yet
Names coins and bills.	☐	☐	☐
Pays at a register and gets change.	☐	☐	☐
Counts out enough money to pay.	☐	☐	☐
Saves up for something they want.	☐	☐	☐
Uses a debit card safely.	☐	☐	☐
Pays a bill on time.	☐	☐	☐

Getting around

	Alone	With help	Not yet
Buckles their own seat belt.	☐	☐	☐
Knows the way to a nearby place.	☐	☐	☐
Orders food at a counter.	☐	☐	☐
Finds a place with a map on a phone.	☐	☐	☐
Rides the bus or a ride-share.	☐	☐	☐
Gets to school or work on time.	☐	☐	☐

Next

1. Circle the one or two "with help" skills that cost your family the most each day.
2. Take this page to your next Regional Center IPP meeting and ask for adaptive skills training.

This checklist shows where help would make daily life easier. It has no score, and it isn't a test.

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