PUTTING THE PUZZLE PIECES TOGETHER FOR A HAPPY AND PRODUCTIVE ADULT LIFE

Presented by:
Lisa Andrzejewski
Colleen Dodson
St. Clair County RESA

"Do not do for children, what they can do for themselves. You rob them of their self-worth, self-esteem, and their sense of empowerment".

* SOONER OR LATER PARENTS ASK WHAT HAPPENS AFTER SCHOOL

* THIS QUESTION SHOULD BE ADDRESSED AND THE PARTNERSHIP FORMED WHEN A CHILD ENTERS SCHOOL (Ages 3-5)
- WHAT IS THE VISION FOR THIS CHILD?
- WHAT ARE THE CHILD'S STRENGTHS AND WEAKNESSES?
- WHAT ARE THE EXPECTATIONS FOR THIS CHILD - ARE THE GOALS REALISTIC?
- WHAT IS THE SHORT TERM/LONG TERM PLAN?

WHAT PIECES ARE NEEDED TO ENABLE CHILDREN TO BECOME HAPPY PRODUCTIVE ADULTS?

Good Hygiene
Communication
Independence
Stamina
Responsibility
Parental Caregivers
Social Skills
Productive Adults
THE EARLY YEARS
0-5 YEARS OF AGE

HOME
- Responsibility: Picking up toys, basic chores
- Independence: Play/occupy self, beginning community use with full assistance
- Hygiene: Cooperates with dressing/undressing routine, begins to care of toileting, brushing teeth, cooperating with bathing routine
- Communication: Begins to work with a usable form of communication, identifies family members/roommates, self advocacy
- Social Skills: Manners, public behavior, plays with or near others, shares
- Stamina: Incorporates physical activity into daily routine, play outside with supervision, play dates with peers

SCHOOL
- Responsibility: Classroom clean up (snacks, toys, etc.), completing a simple task
- Independence: Making food choices, free time choices, following a basic schedule with assistance, occupies self for short periods of time
- Hygiene: Hand washing, beginning toileting, assisted teeth brushing, manipulates clothing up and down
- Communication: Begin to build a form of communication that works, respond to yes/no questions, indicates name, indicates names of care-givers, begins to recognize basic emotions, beginning self advocacy
- Social Skills: Manners, sits quietly while waiting, an awareness/tolerance of others, making eye contact, sharing, helping others
- Stamina: Incorporate physical activity such as gym, moving to music, basic play activities into daily schedule
THE ELEMENTARY SCHOOL YEARS
6-10 YEARS OF AGE

HOME

- Responsibility
  Clean up after self, simple chores, begins to develop an awareness of
  the need to take medications, learn about and understand disability
- Independence
  Making bed changes, independent play helps pack lunch for school,
  dressing self, community use with support
- Hygiene
  Hand washing, toilet, showering, washing hair, teeth brushing,
  recognising clean vs dirty clothes
- Communication
  Use a form of communication that is functional, greets others,
  please and thank you, asks for help, expresses personal choice, self
  advocacy
- Social Skills
  Manners, family outings, developing peer relationships,
  beginning to understand the differences between
  friends and acquaintances
- Stamina
  Incorporate physical activity such as playing outside, sports and/or
  dance, yard care, household chores for an extended period of time

SCHOOL

- Responsibility
  Classroom clean up (meals, toys, etc.), coat, supplies in correct
  area when not used, participates in classroom work projects
- Independence
  Makes food choices, opens food packages/lunchbox, free time
  choices, put on/force off coat, hat, boots and mittens, begin to
  follow a minimal sequence of steps to complete a simple task
- Hygiene
  Hand washing, toileting, teeth brushing, uses tissue when needed
- Communication
  Continue to expand on a workable form of communication,
  identify and categorise items, request needed help, self advocacy
- Social Skills
  Manners, participates in CBI, develop peer relationships, sharing,
  helping others, forms taking in conversations, understand
  personal space, ask and answer questions
- Stamina
  Incorporate physical activity such as gym, moving to music,
  organized activities with peers
THE MIDDLE SCHOOL YEARS
11-13 YEARS OF AGE

HOME
- Responsibility
  Pick up personal belongings, follows a domestic task routine,
  learning to take medications, discharge disability and supports
  needed, clean up after self, full participating member of
  the family
- Independence
  Making healthy food choices, constructive use of time, park
  lunch for school, basic first aid and health needs, aware of
  clothing needs, use of community services with minimal support
- Hygiene
  Independently follows a hygiene routine
- Communication
  Initiates, maintains, family routines such as going to restaurants or shopping,
  positive peer relationships, awareness of relationship levels in
  community settings and within the family
- Social Skills
  Incorporate physical activity such as sports, school dances, team
  activities, neighborhood parks and recreation programs

SCHOOL
- Responsibility
  Classroom clean up, take care of personal property, in
  school jobs, pre-voc
- Independence
  Simple meal preparation, few chore choices, able to locate items
  when shopping, follows a sequence of steps to complete a task
- Hygiene
  Hand washing, teeth brushing, learning to independently
  check personal appearance
- Communication
  Indicates a preference for activities, reciprocal interactions
  with peers, communicates as appropriate for given situation,
  advocate for self
- Social Skills
  Manners, appropriate behavior in community settings,
  maintain peer relationships, begin to understand appropriate
  behavior between opposite sexes, sharing, helping others
- Stamina
  Incorporate physical activity such as gym, attending dances,
  team sports, participate in Special Olympics
THE HIGH SCHOOL YEARS
14-18 YEARS OF AGE

HOME
- **Responsibility**: Complete daily cleaning routine following a schedule, work, personal hygiene, medications as prescribed
- **Independence**: Make out grocery shopping list, meal preparation, ability to handle basic consequences, identify personal safety procedures, community usage
- **Hygiene**: Self manage daily grooming activities, ensure a neat appearance prior to leaving home
- **Communication**: Express wants/needs appropriately, successful adult conversations, self advocacy
- **Social Skills**: Age appropriate community activities with peers, join clubs and/or recreation programs, understanding what is offered in the community and appropriate personal interactions
- **Talents**: Team sports, school and community dances, pets & recreation programs, work for several hours

SCHOOL
- **Responsibility**: Adult behavior, completes assigned tasks, independence, and correct mistakes, comprehension of CBI rules
- **Independence**: Flexibility, prepared for day’s activities, follow a schedule, time management, self-monitor “want time”, begins to monitor work for quality and pace
- **Hygiene**: Hand washing, check appearance
- **Communication**: Ask work is completed ask for more work, converse with peers rather than staff, express work preferences, and self advocacy
- **Social Skills**: Collaborate/co-operate others, work cooperatively with others, elect age appropriate leisure activities during non-structured times, social interactions in the community
- **Talents**: School dances, community dance, memberships in fitness centers (YMCA), remain on work related tasks for extended periods of time, Special Olympics
THE POST SECONDARY
YEARS
19-26 YEARS OF AGE

HOME

- Responsibility: Self participate in household chores
- Independence: Meal planning, grocery shopping using a written/prioritize list, meal preparation, appropriate ways to handle different types of emergencies, use local community services, utilize public transportation where available
- Hygiene: Self manage daily grooming activities, ensure that appearance is neat and appropriate for the day’s activities
- Communication: Express wants/wishes appropriately, meaningful adult conversations, self advocacy
- Social Skills: Utilize the community for social activities with peers and family
- Stamina: Community fitness memberships (such as the YMCA), bowling leagues, sports teams, hiking, local trail, swimming

SCHOOL

- Responsibility: Initiates tasks related to work, volunteers for community service activities, establish personal goals with consideration of abilities and limitations, remain on task until job is completed or work day has ended, safe money handling in community settings, completes long term projects
- Independence: Plan for work related personal needs, follows work schedule, manage stressful situations, demonstrate adequate rate and quality of work, self manage break time, access community agencies
- Hygiene: Clothing decisions and appearance of clothing, check personal appearance
- Communication: Gives detailed information to supervisor, other workers, requests work help as needed, appropriate conversation in work related settings, self advocacy
- Social Skills: Work with others to complete tasks, maintains professional relationships with other workers
- Stamina: Work for extended periods of time without breaks
There Is Dignity in Risk

AND IN CONCLUSION
"Do not do for children, what they can do for themselves. You rob them of their self-worth, self-esteem, and their sense of empowerment".

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??????
????
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?
INDEPENDENT JOBS AT COMFORT INN

1. Wipe vending machines
2. Wipe washer and drier
3. Sweep floor morning
4. Mop floor
5. Wash windows in pool area
6. Wipe tables & chairs
7. Eat lunch
# Hot Dog

**MATERIALS NEEDED/DIRECTIONS**

**Serves:** One

<table>
<thead>
<tr>
<th>Food Items</th>
<th>Cooking Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>hot dogs</td>
<td>dinner knife</td>
</tr>
<tr>
<td>hot dog buns</td>
<td>tablespoon</td>
</tr>
<tr>
<td>mustard (in asqueeze bottle)</td>
<td>dinner plates (2)</td>
</tr>
<tr>
<td>ketchup (in a squeeze bottle)</td>
<td>oven mitt</td>
</tr>
<tr>
<td>grated cheese</td>
<td>microwave</td>
</tr>
</tbody>
</table>

## Directions

1. Place 1 hot dog bun on 1 of the plates.
2. Pull the hot dog bun open.
3. Squeeze mustard on one side of the bun and spread with the dinner knife.
4. Squeeze ketchup on the other side of the bun and spread with the dinner knife.
5. Place 1 hot dog on the other plate.
6. Place the plate with the hot dog in the microwave and cook it for 30 seconds.
7. Use the oven mitt to take the plate out and place the hot dog in the bun.
8. Use the tablespoon to sprinkle cheese on the hot dog.
## Hot Dog

### Materials Needed

<table>
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<tr>
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<tr>
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</tr>
<tr>
<td>ketchup</td>
<td>microwave</td>
</tr>
<tr>
<td>(in a squeeze bottle)</td>
<td></td>
</tr>
<tr>
<td>grated cheese</td>
<td></td>
</tr>
</tbody>
</table>
Bologna Sandwich

Materials Needed/Directions

Serves: One

<table>
<thead>
<tr>
<th>Food Items</th>
<th>Cooking Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>bread</td>
<td>salad plate</td>
</tr>
<tr>
<td>mustard (in a squeeze bottle)</td>
<td>teaspoon</td>
</tr>
<tr>
<td>mayonnaise</td>
<td>dinner knife</td>
</tr>
<tr>
<td>cheese slices</td>
<td></td>
</tr>
<tr>
<td>bologna</td>
<td></td>
</tr>
</tbody>
</table>

Directions

1. Place 2 pieces of bread on the plate.
2. Squeeze the mustard on 1 piece of the bread.
3. Use the dinner knife to spread the mustard.
4. Put 1 teaspoon of mayonnaise on the other piece of bread.
5. Use the dinner knife to spread the mayonnaise.
6. Place 1 slice of cheese on the bread.
7. Place 1 slice of bologna on the bread.
8. Put the 2 pieces of bread together.
9. Use the dinner knife to cut the sandwich in half.
# Bologna Sandwich

**Materials Needed**

<table>
<thead>
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<th>Cooking Items</th>
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<tbody>
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<td>salad plate</td>
</tr>
<tr>
<td>mustard (in a squeeze bottle)</td>
<td>teaspoon</td>
</tr>
<tr>
<td>mayonnaise</td>
<td>dinner knife</td>
</tr>
<tr>
<td>cheese slices</td>
<td></td>
</tr>
<tr>
<td>bologna</td>
<td></td>
</tr>
</tbody>
</table>
Boil Eggs

36 eggs
grey cart
1- 18 count egg carton
strainer

egg pan
water
2- pot holders

- Get out egg pan
- Get out 18 count egg carton
- Get eggs out of refrigerator
- Fill egg carton by putting eggs into egg carton holes
- Place eggs from carton into pan
- Fill egg carton again
- Place egg in pan
- Take pan to sink and fill pan with water until the eggs are covered
- Place egg pan on stove burner
- Turn burner on high
- Wait for water to start to boil
- Set timer for 12 minutes
- Put strainer into sink
- When timer goes off, turn off stove
- Get pot holders
- Use pot holder to place pan of boiled eggs on cart
- Push pot to sink
- Use pot holders to pick up pan
- Gently pour eggs into strainer
- Carefully place eggs back into pan
- Place pan in sink under the faucet
- Turn on the cold water and fill pan to cool eggs
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-10:00</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-10:30</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-11:00</td>
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<tr>
<td>11:00-11:30</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>11:30-12:00</td>
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<td></td>
</tr>
<tr>
<td>12:30-1:00</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1:00-1:30</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30-2:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Comfort Inn Task List

- Wash windows in the main entrance and lobby area
- Wash front desk
- Dust lobby area
- Wash windows in eating area
- Sweep the main entrance and lobby area
- Mop the main entrance and lobby area
- Vacuum the lobby area and hallway
- Clean drinking fountain
- Clean women’s bathroom (sink, mirrors, countertops, sweep floor, mop floor, replace toilet paper on back of tank, empty trash)
- Clean men’s bathroom (sink, mirrors, countertops, sweep floor, mop floor, replace toilet paper on back of tank, empty trash)
- Wash windows and doors in garden area
- Dust garden area
- Sweep garden area floors
- Mop garden area floors
- Clean pop machines in garden area
- Clean the outside of the washer and dryer
- Wash dividers in eating area
- Wash down table and chairs in eating area
- Sweep floors in eating area
- Mop eating area floors
- Wash windows in middle entrance
- Sweep middle entrance floors
- Mop middle entrance floor
- Wash windows in the middle stairwell
- Wipe down railing in middle stairwell
- Clean vending and ice machines
- Clean stairways (sweep from top to bottom, wipe down rails, wash windows in doors, clean up marks on walls and doors, vacuum runners)
- Clean meeting rooms 101 and 102 (Wash table and counter tops, vacuum floors, dust, wash windows)
Cleaning Kitchen

1. get supplies
2. wipe counter
3. wash dishes
4. clean appliances
5. wipe table
6. empty trash
7. sweep floor
8. mop floor
9. (blank)
10. (blank)
Washing Hands

1. Wet hands
2. Apply soap
3. Scrub hands
4. Rinse hands
5. Dry hands
Cleaning Kitchen

1. get supplies
2. wipe counter
3. wash dishes
4. clean appliances
5. wipe table
6. empty trash
7. sweep floor
8. mop floor
9. 
10. 

...
Cleaning Kitchen

1. get supplies
2. clean sink
3. wash dishes
4. empty trash
5. mop floor
Going on CBI

1. Get ready to go on CBI
   - list money
   - wallet or purse
   - jacket

2. Walk to van

3. Put on seat belt

4. Walk together in parking lot

5. Get shopping cart

6. Get items on list

7. Pay for items

8. Smile, and say thank you

9. Leave store

10. Walk back to van
Grocery Shopping

1. bring list
2. get shopping cart
3. get items on list
4. put items on counter
5. pay for items
6. leave store
7. choose snack
8. eat snack
9. 
10. 


1. Wet toothbrush
2. Toothpaste on brush
3. Brush teeth
4. Spit in sink
5. Rinse toothbrush
# MEN’S DAILY GROOMING CHECKLIST

<table>
<thead>
<tr>
<th>TASK TO BE COMPLETED</th>
<th>SUN.</th>
<th>MON.</th>
<th>TUES.</th>
<th>WEDS.</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT.</th>
</tr>
</thead>
</table>

**OPTIONS:** Check only those which apply to you.

- A. Take medication as prescribed.
- B. Clean eyeglasses and/or contact lenses.
- C. Use mouthwash.
- D. Use skin lotion as needed for dry skin.
- E. Use aftershave or cologne.
- F. Exercise!!


# Men's Weekly Grooming Checklist

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong></td>
<td>Clean and trim finger nails.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>2.</strong></td>
<td>Clean and trim toe nails.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>3.</strong></td>
<td>Clean comb and brush.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>4.</strong></td>
<td>Do laundry.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>5.</strong></td>
<td>Mend torn clothing.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>6.</strong></td>
<td>Iron wrinkled clothing.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>7.</strong></td>
<td>Polish shoes if needed.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>8.</strong></td>
<td>Inventory grooming supplies. Purchase needed items.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>9.</strong></td>
<td>Get hair cut and styled if needed.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
<tr>
<td><strong>10.</strong></td>
<td>Weigh self and record weight.</td>
</tr>
<tr>
<td>![Image]</td>
<td>![Image]</td>
</tr>
</tbody>
</table>

Check only if it applies to you:

- Check medication and refill prescription if needed.
- Clean hearing aid and replace battery if needed.
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong></td>
<td>Clean and trim finger nails. Clean and trim toe nails.</td>
<td><strong>2.</strong></td>
</tr>
<tr>
<td></td>
<td><img src="image1" alt="Finger nails" /> <img src="image2" alt="Toe nails" /></td>
<td></td>
</tr>
<tr>
<td><strong>3.</strong></td>
<td>Clean comb and brush.</td>
<td><strong>4.</strong></td>
</tr>
<tr>
<td></td>
<td><img src="image5" alt="Comb" /> <img src="image6" alt="Brush" /></td>
<td></td>
</tr>
<tr>
<td><strong>5.</strong></td>
<td>Mend torn clothing.</td>
<td><strong>6.</strong></td>
</tr>
<tr>
<td></td>
<td><img src="image8" alt="Thread" /> <img src="image9" alt="Needle" /> <img src="image10" alt="Basket" /></td>
<td></td>
</tr>
<tr>
<td><strong>7.</strong></td>
<td>Polish shoes if needed.</td>
<td><strong>8.</strong></td>
</tr>
<tr>
<td></td>
<td><img src="image12" alt="Shoe" /> <img src="image13" alt="Polish" /></td>
<td></td>
</tr>
<tr>
<td><strong>9.</strong></td>
<td>Get hair cut and styled if needed.</td>
<td><strong>10.</strong></td>
</tr>
<tr>
<td></td>
<td><img src="image16" alt="Scissors" /> <img src="image17" alt="Hair" /></td>
<td></td>
</tr>
</tbody>
</table>

**Check only if it applies to you:**
- Check medication and refill prescription if needed.
- Clean hearing aid and replace battery if needed.
### WOMEN'S DAILY GROOMING CHECKLIST

**Task to be completed:**

<table>
<thead>
<tr>
<th></th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Weds</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Clean face and ears completely.</td>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
<td><img src="image5.png" alt="Image" /></td>
<td><img src="image6.png" alt="Image" /></td>
</tr>
<tr>
<td>2.</td>
<td>Wash whole body in shower or bathtub.</td>
<td><img src="image7.png" alt="Image" /></td>
<td><img src="image8.png" alt="Image" /></td>
<td><img src="image9.png" alt="Image" /></td>
<td><img src="image10.png" alt="Image" /></td>
<td><img src="image11.png" alt="Image" /></td>
<td><img src="image12.png" alt="Image" /></td>
</tr>
<tr>
<td>3.</td>
<td>Shampoo hair. Use conditioner if desired.</td>
<td><img src="image13.png" alt="Image" /></td>
<td><img src="image14.png" alt="Image" /></td>
<td><img src="image15.png" alt="Image" /></td>
<td><img src="image16.png" alt="Image" /></td>
<td><img src="image17.png" alt="Image" /></td>
<td><img src="image18.png" alt="Image" /></td>
</tr>
<tr>
<td>4.</td>
<td>Dry body completely. Use deodorant.</td>
<td><img src="image19.png" alt="Image" /></td>
<td><img src="image20.png" alt="Image" /></td>
<td><img src="image21.png" alt="Image" /></td>
<td><img src="image22.png" alt="Image" /></td>
<td><img src="image23.png" alt="Image" /></td>
<td><img src="image24.png" alt="Image" /></td>
</tr>
<tr>
<td>5.</td>
<td>Dry and style hair.</td>
<td><img src="image25.png" alt="Image" /></td>
<td><img src="image26.png" alt="Image" /></td>
<td><img src="image27.png" alt="Image" /></td>
<td><img src="image28.png" alt="Image" /></td>
<td><img src="image29.png" alt="Image" /></td>
<td><img src="image30.png" alt="Image" /></td>
</tr>
<tr>
<td>6.</td>
<td>Morning &amp; Evening: Clean teeth or dentures.</td>
<td><img src="image31.png" alt="Image" /></td>
<td><img src="image32.png" alt="Image" /></td>
<td><img src="image33.png" alt="Image" /></td>
<td><img src="image34.png" alt="Image" /></td>
<td><img src="image35.png" alt="Image" /></td>
<td><img src="image36.png" alt="Image" /></td>
</tr>
<tr>
<td>7.</td>
<td>Put on clean underwear and socks.</td>
<td><img src="image37.png" alt="Image" /></td>
<td><img src="image38.png" alt="Image" /></td>
<td><img src="image39.png" alt="Image" /></td>
<td><img src="image40.png" alt="Image" /></td>
<td><img src="image41.png" alt="Image" /></td>
<td><img src="image42.png" alt="Image" /></td>
</tr>
<tr>
<td>8.</td>
<td>Put on clean outer clothing.</td>
<td><img src="image43.png" alt="Image" /></td>
<td><img src="image44.png" alt="Image" /></td>
<td><img src="image45.png" alt="Image" /></td>
<td><img src="image46.png" alt="Image" /></td>
<td><img src="image47.png" alt="Image" /></td>
<td><img src="image48.png" alt="Image" /></td>
</tr>
<tr>
<td>9.</td>
<td>Check in mirror: I look neat and clean.</td>
<td><img src="image49.png" alt="Image" /></td>
<td><img src="image50.png" alt="Image" /></td>
<td><img src="image51.png" alt="Image" /></td>
<td><img src="image52.png" alt="Image" /></td>
<td><img src="image53.png" alt="Image" /></td>
<td><img src="image54.png" alt="Image" /></td>
</tr>
<tr>
<td>10.</td>
<td>Wash hands with soap after using toilet.</td>
<td><img src="image55.png" alt="Image" /></td>
<td><img src="image56.png" alt="Image" /></td>
<td><img src="image57.png" alt="Image" /></td>
<td><img src="image58.png" alt="Image" /></td>
<td><img src="image59.png" alt="Image" /></td>
<td><img src="image60.png" alt="Image" /></td>
</tr>
<tr>
<td>11.</td>
<td>Put away grooming aids and clean up bathroom.</td>
<td><img src="image61.png" alt="Image" /></td>
<td><img src="image62.png" alt="Image" /></td>
<td><img src="image63.png" alt="Image" /></td>
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</tbody>
</table>

**Options:** Check only those which apply to you.

- A. Use make-up and/or perfume.
- B. Set hair in curlers.
- C. During period: Change pad or tampon as needed.
- D. Take medication as prescribed.
- E. Clean eyeglasses and/or contact lenses.
- F. Use mouthwash.
- G. Use skin lotion as needed for dry skin.
- H. Exercise!!

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7. Use this soapy water to wipe off windowsills, shelves, and counters.


9. Remove rugs. Use damp cloth to clean all surfaces of toilet, around base of toilet, and all baseboards.

10. Use damp cloth or mop to clean all non-carpeted surfaces. (If mop is used, clean all edges & corners with a damp cloth.)

11. Shake or vacuum all rugs. Vacuum all carpeted surfaces.

1. Pick up clutter and dirty clothes and put everything away.

2. Squirt toilet bowl cleaner into toilet. Let stand.

3. Empty wastebasket.

4. Use cleanser to clean sink, bathtub, and shower wall. Rinse with clean water and dry with a towel.

5. Use glass cleaner and paper towels to clean mirror and faucet.

6. Mix a mild solution of all-purpose cleaner and water.
BEDROOM, page 2

5. Clean mirrors and windows with glass cleaner and paper towels.


7. Use mild, all-purpose cleaning solution and damp cloth to clean all baseboards, windowsills, and uncarpeted floor surfaces.

8. Shake or vacuum all rugs and carpeted floor surfaces.

2. Put clean sheets on bed. Finish making bed. Pick up clutter and put it on the bed.

3. Sort and put everything away: trash in wastebasket, dirty clothes in basket, hang up clean clothes, and so on.

4. Take items off dressers and tables. Dust with furniture polish and dust cloth. Replace items.
Resources

- Informational Sheet
- Job Task List
- Hygiene
- Recipe examples
- CBI
- Blank Schedule - Can be written or Used with Pictures
- Goals Selection Sheets – For Adult Students
- iPad – Set-up Schedules, Order in a restaurant, Set Timer
- Communication Book
- Social Story
- Calendar
Information

Support and Resources

• Community Mental Health Access Center
• Arc Services; Guardianship, Advocacy
• Community Enterprises
• Michigan Association for the Deaf, Hearing Impaired and Speech
• Michigan Commission for the Blind
• Autism Society of Michigan
• Brain Injury Association of Michigan
• Easter Seal Society
• Developmental Disabilities Institute – Wayne State University
• Learning Disabilities Association of Michigan
• Epilepsy Foundation of Michigan
• Michigan Association for Children with Emotional Disorders
• Parent Support and Advocacy
• United Cerebral Palsy
• Department of Human Resources
- Children Special Healthcare Services (contact local Health Department)
- Early on
- Great Start/ Parent Coalition
- Special Olympics
- Local YMCA
- Local Parks and Recreation Programs
- 4-H
"Do not do for children, what they can do for themselves. You rob them of their self-worth, self-esteem, and their sense of empowerment".