

# Independent Living

**Personal Management -**  
The student engages in coordinated decision-making and actions that affect personal appearance, such as hygiene, grooming, and outward behavior. WRS: 4, 5, 6 IND- PERS

## 1 Recognize and Recall

- a Participate and respond to others in externally managed self-care routines IND- PERS.1A
  - b Indicate SPIN(strengths, preferences, interests, and needs) IND- PERS.1B
  - c Seek assistance when help is needed IND- PERS.1C
  - d Communicate need to use the bathroom or need for assistance IND- PERS.1D
  - e Recognize appropriate and challenging behavior identified in rules, laws and personal positive behavior support system IND- PERS.1E
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## 2 Identify and Comprehend

- a Express preferences and perform portions of self-care routines IND- PERS.2A
- b Identify clothing appropriate to the weather IND- PERS.2B
- c Complete all components of getting dressed IND- PERS.2C
- d Complete several grooming tasks IND- PERS.2D
- e Make adjustments to appearance when notified IND- PERS.2E
- f Follow rules and routines in response to a positive behavior support system IND- PERS.2F
- g Make choices in a variety of situations and identifies reasons for making the choice IND- PERS.2G
- h Understand causes of conflict IND- PERS.2H
- i Identify changes and stress caused by changes IND- PERS.2I
- j Identify strategies to deal with stress IND- PERS.2J
- k Communicate anger, frustration or disapproval IND- PERS.2K

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### 3 Interpret and Understand

- a Make choices and complete most selfcare routines **IND- PERS.3A**
  - b Adhere to most expectations **IND- PERS.3B**
  - c Use a self management system to follow rules, complete routines, regulate sensory needs, and/or manage individual stress **IND- PERS.3C**
  - d Utilize and describe a decision making process **IND- PERS.3D**
  - e Use time wisely **IND- PERS.3E**
  - f Communicate calmly and directly when there is conflict **IND- PERS.3F**
  - g Utilize strategies to deal with stress and anxiety **IND- PERS.3G**
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### 4 Apply and Generalize

- a Maintain, manage and modify appearance and self-care as needed **IND- PERS.4A**
  - b Regularly check appearance and make adjustments as needed **IND- PERS.4B**
  - c Follow rules and procedures **IND- PERS.4C**
  - d Self-manage behavior and stress **IND- PERS.4D**
  - e Self-advocate in adverse situations **IND- PERS.4E**
  - f Recognize a “bad day” and determine how to impact it in a way that turns negative into positive **IND- PERS.4F**
  - g Set priorities **IND- PERS.4G**
  - h Find ways to handle conflict **IND- PERS.4H**
  - i Handle stress in an appropriate manner **IND- PERS.4I**
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**Safety and Health - The student takes action that impacts the wellbeing of self or others including safety (prevents and reduces accidents and/or exposure to harm) and health knowledge. WRS: 2, 11** **IND-SAFETY**

### 1 Recognize and Recall

- a Participate in and responds to another during health care routines and safety protocols **IND-SAFETY.1A**
- b Recognize safety hazards and health concerns **IND-SAFETY.1B**
- c Recognize personal boundaries **IND-SAFETY.1C**
- d Identify names and faces of family, peers, teachers, and employers **IND-SAFETY.1D**
- e Identify personal information (written or verbal to include, name, phone number, address, age, social security number) **IND-SAFETY.1E**
- f Recognize warnings, hazardous materials, and dangerous situations **IND-SAFETY.1F**
- g Recognize personal physical conditions (i.e. fever, dizzy tired, hungry) **IND-SAFETY.1G**
- h Recognize people that can help **IND-SAFETY.1H**

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## 2 Identify and Comprehend

- a Respond to questions and expresses choices about health concerns [IND-SAFETY.2A](#)
- b Identify personal boundaries and inappropriate and appropriate touching [IND-SAFETY.2B](#)
- c Protest exploitative behaviors [IND-SAFETY.2C](#)
- d Respond to questions about interpersonal violations [IND-SAFETY.2D](#)
- e Identify community people, places, and functions [IND-SAFETY.2E](#)
- f Identify emergency and non-emergency situations [IND-SAFETY.2F](#)
- g Identify public and private information [IND-SAFETY.2G](#)
- h Identify persons to contact or when to remove oneself from a dangerous environment, hazardous situation [IND-SAFETY.2H](#)
- i Identify ways to maintain safety in common environments [IND-SAFETY.2I](#)
- j Communicate personal medical information (allergies, current medications) [IND-SAFETY.2J](#)

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## 3 Interpret and Understand

- a Respond to safety hazard warnings [IND-SAFETY.3A](#)
- b Report health concerns [IND-SAFETY.3B](#)
- c Take care of some personal health needs [IND-SAFETY.3C](#)
- d Maintain personal boundaries [IND-SAFETY.3D](#)
- e Seek help when needed [IND-SAFETY.3E](#)
- f Know persons to contact for assistance in emergency and nonemergency situations [IND-SAFETY.3F](#)
- g Follow learned routine during emergency and non-emergency tasks (i.e., accessing services) [IND-SAFETY.3G](#)
- h Relay information about hazardous situation by independently seeking assistance in situations (i.e., physically locating persons or calling family members or emergency personnel) [IND-SAFETY.3H](#)
- i Safely self-administer medication using script, product labels, or task list. [IND-SAFETY.3I](#)
- j Engage in exercise activities on a regular basis [IND-SAFETY.3J](#)
- k Go to the doctor/ dentist on a regular basis [IND-SAFETY.3K](#)
- l Avoid tobacco and other harmful substances [IND-SAFETY.3L](#)

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#### 4 Apply and Generalize

- a Recognize and respond to safety hazards **IND-SAFETY.4A**
- b Follow safety protocols **IND-SAFETY.4B**
- c Warn and assist others in emergency situations **IND-SAFETY.4C**
- d Practice self-care for minor injuries and illness **IND-SAFETY.4D**
- e Seek information and medical help as needed **IND-SAFETY.4E**
- f Follow prescribed medical treatments **IND-SAFETY.4F**
- g Adhere to interpersonal boundaries and protocols **IND-SAFETY.4G**
- h Escape or stop intrusive behavior **IND-SAFETY.4H**
- i Report violations of self or witnessed to others **IND-SAFETY.4I**
- j Integrate information and problem solves during emergency and non-emergency situations in the community, home or school **IND-SAFETY.4J**
- k Identify situations to relay personal information and situations to withhold information **IND-SAFETY.4K**
- l Independently terminate hazardous situation within control and seeks assistance in situations requiring additional assistance **IND-SAFETY.4L**
- m Independently arrange to refill medications, make appointments, or identify necessary medical providers **IND-SAFETY.4M**

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**Social and Communication - The student demonstrates skills necessary for positive interpersonal interactions and relationships. WRS: 3, 5, 6, 8** **IND-SOCIAL**

#### 1 Recognize and Recall

- a Share space and tolerate the presence of others **IND-SOCIAL.1A**
- b Display positive expressions when sees a familiar face **IND-SOCIAL.1B**
- c Greet others with a smile or appropriate gesture **IND-SOCIAL.1C**
- d Display basic functions of communication: (making choices, requesting, gaining attention and/or rejecting) to interact with others within the context of familiar routines **IND-SOCIAL.1D**
- e State likes and dislikes **IND-SOCIAL.1E**
- f Gain attention of others **IND-SOCIAL.1F**
- g Invite others to participate in recreational activities **IND-SOCIAL.1G**
- h Allow peers to join in an activity **IND-SOCIAL.1H**

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## 2 Identify and Comprehend

- a Display basic functional communication in a variety of novel situations with a variety of communication partners **IND-SOCIAL.2A**
- b Effectively communicate need for clarification **IND-SOCIAL.2B**
- c Identify positive peer interactions **IND-SOCIAL.2C**
- d Identify meaning of body language and responds appropriately **IND-SOCIAL.2D**
- e Introduce self to others **IND-SOCIAL.2E**
- f Identify conversational topics appropriate for different relationships **IND-SOCIAL.2F**
- g Accept being corrected **IND-SOCIAL.2G**
- h Refuse requests by others appropriately **IND-SOCIAL.2H**
- i End conversations appropriately **IND-SOCIAL.2I**
- j Establish peer relationships based on shared interest **IND-SOCIAL.2J**
- k Help others when needed and appropriate **IND-SOCIAL.2K**

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## 3 Interpret and Understand

- a Initiate and respond in communication exchanges with others **IND-SOCIAL.3A**
- b Demonstrate positive social interactions with both familiar and unfamiliar people **IND-SOCIAL.3B**
- c Seek information from others in a variety of settings **IND-SOCIAL.3C**
- d Discuss activities from the immediate past **IND-SOCIAL.3D**
- e Offer corrections politely or not at all **IND-SOCIAL.3E**
- f Make predictions about result of social interactions (social mapping) **IND-SOCIAL.3F**
- g Relay pertinent information from social exchanges **IND-SOCIAL.3G**
- h Maintain privacy for information that has been shared with them **IND-SOCIAL.3H**

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## 4 Apply and Generalize

- a Reciprocally communicate **IND-SOCIAL.4A**
  - b Elaborate upon information and seeks clarification as needed **IND-SOCIAL.4B**
  - c Apply and generalize effective communication and social conventions with a variety of people in a variety of settings and activities **IND-SOCIAL.4C**
  - d Take control of aversive situations, advocates with peers **IND-SOCIAL.4D**
  - e Demonstrate empathy toward others **IND-SOCIAL.4E**
  - f Detect level of interest of others within activities, adjusts behavior as needed **IND-SOCIAL.4F**
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**Mobility - The student demonstrates skills required to travel from one place to another.** IND-MOBILITY

### **1 Recognize and Recall**

- a Respond to or follows another in movement from one place to another in a familiar environment IND-MOBILITY.1A
  - b Navigate the school building by independently moving from one place to another IND-MOBILITY.1B
  - c Recognize travel and safety signs IND-MOBILITY.1C
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### **2 Identify and Comprehend**

- a Navigate from current location to a desired destination in a familiar environment/community IND-MOBILITY.2A
  - b Identify personal transportation services or needs IND-MOBILITY.2B
  - c Identify the function of various community locations IND-MOBILITY.2C
  - d Understand the meaning of travel and safety signs IND-MOBILITY.2D
  - e Obey traffic laws as a pedestrian IND-MOBILITY.2E
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### **3 Interpret and Understand**

- a Access public transportation services to travel to and from familiar places within the community with assistance IND-MOBILITY.3A
  - b Participate in travel training and/or is in possession of learner's permit for driving IND-MOBILITY.3B
  - c Secure and maintain personal transportation services IND-MOBILITY.3C
  - d Obey traffic laws as a pedestrian or cyclist IND-MOBILITY.3D
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### **4 Apply and Generalize**

- a Use maps, signs, technology, and other resources to plan and navigate safe travel from one place to another IND-MOBILITY.4A
  - b Estimate travel time IND-MOBILITY.4B
  - c Modify and adapt travel plans as needed IND-MOBILITY.4C
  - d Contact others to report changes in travel plans/times as necessary IND-MOBILITY.4D
  - e Demonstrate driving skills and possess a driver's license OR navigates community with public/private transportation IND-MOBILITY.4E
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**Recreation and Leisure - The student demonstrates a repertoire of skills for alone time, personal development and/or community involvement.** IND-REC

### **1 Recognize and Recall**

- a Respond in structured recreation, leisure activities facilitated by another IND-REC.1A
- b Participate in Health and Physical Education Classes IND-REC.1B
- c Participate in a variety of leisure activities with others IND-REC.1C

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## 2 Identify and Comprehend

- a Express choices and engages in highly preferred recreational/leisure activities **IND-REC.2A**
  - b Participate in self-directed leisure activities as part of a schedule (start and terminate activities independently) **IND-REC.2B**
  - c Actively participate in new activities **IND-REC.2C**
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## 3 Interpret and Understand

- a Self-initiate and engage in preferred recreation and leisure activities during alone or down time **IND-REC.3A**
  - b Attend community events as participant or spectator **IND-REC.3B**
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## 4 Apply and Generalize

- a Act on preferences to develop, engage and expand personal interests and hobbies **IND-REC.4A**
  - b Effectively self-manage expected and unexpected free time **IND-REC.4B**
  - c Seek and maintain membership and participation in groups that develop personal interests and pursuits **IND-REC.4C**
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**Food Preparation - The student demonstrates skill that include organizing, planning, and preparing food including food safety and storage.** **IND-FOOD**

## 1 Recognize and Recall

- a Recognize common materials and items related to food prep (kitchen items, foods) **IND-FOOD.1A**
  - b Avoid potential dangers in the kitchen **IND-FOOD.1B**
  - c Eat a variety of healthy foods **IND-FOOD.1C**
  - d Clean up eating area when finished **IND-FOOD.1D**
  - e Use appropriate materials to eat food **IND-FOOD.1E**
  - f Sort food by storage requirements **IND-FOOD.1F**
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## 2 Identify and Comprehend

- a Categorize food by storage type, food group **IND-FOOD.2A**
- b Prepare a simple snack **IND-FOOD.2B**
- c Choose nutritious foods **IND-FOOD.2C**
- d Safely manage all kitchen materials and equipment **IND-FOOD.2D**
- e Identify different methods for cooking **IND-FOOD.2E**
- f Safely manage and stores food items **IND-FOOD.2F**
- g Maintain clean work areas. **IND-FOOD.2G**
- h Identify food by nutrient (protein, carbohydrate, fiber, sugar, etc.) **IND-FOOD.2H**

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### 3 Interpret and Understand

- a Prepare a variety of simple meals for self [IND-FOOD.3A](#)
  - b Store food appropriately [IND-FOOD.3B](#)
  - c Plan snacks and meals for self [IND-FOOD.3C](#)
  - d Eat balanced meals [IND-FOOD.3D](#)
  - e Follow recipes to shop for meals [IND-FOOD.3E](#)
  - f Identify and dispose of food based on smell, appearance, and/or expiration date [IND-FOOD.3F](#)
  - g Determine appropriate time to reheat using a microwave [IND-FOOD.3G](#)
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### 4 Apply and Generalize

- a Plan and prepare a variety of meals for self and others utilizing a variety of cooking techniques [IND-FOOD.4A](#)
  - b Simultaneously manage multiple components of meal preparation [IND-FOOD.4B](#)
  - c Clean up after meals [IND-FOOD.4C](#)
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**Home Living/Management - The student demonstrates independence with completing routine cleaning, laundry, minor repairs, and other common tasks.** [IND-HOME](#)

### 1 Recognize and Recall

- a Clean up activities when complete [IND-HOME.1A](#)
  - b Return materials to designated places within structured routines [IND-HOME.1B](#)
  - c Identify examples of tools, cleaning supplies [IND-HOME.1C](#)
  - d Sort clean and dirty laundry [IND-HOME.1D](#)
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### 2 Identify and Comprehend

- a Maintain organized living space [IND-HOME.2A](#)
- b Return materials to designated places out of the context of routines [IND-HOME.2B](#)
- c Utilize correct materials to clean (dishes, clothes, bathrooms, floors, etc.) [IND-HOME.2C](#)
- d Clean as part of guided routines (dishes, laundry, dusting, vacuuming, etc.) [IND-HOME.2D](#)
- e Recognize a mess and clean it up [IND-HOME.2E](#)

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### 3 Interpret and Understand

- a Maintain a clean living space through regular cleaning [IND-HOME.3A](#)
  - b Complete laundry by identifying appropriate wash cycle, washing, drying, and folding [IND-HOME.3B](#)
  - c Independently clean specified areas [IND-HOME.3C](#)
  - d Plan and abide by household maintenance schedule (cleaning, emptying trash, collecting mail, changing sheets, etc.) [IND-HOME.3D](#)
  - e Effectively clean a variety of rooms typically found in a home [IND-HOME.3E](#)
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### 4 Apply and Generalize

- a Organize home and work space in a functional way [IND-HOME.4A](#)
  - b Make minor home repairs/adjustments (clear a clogged drain, setup Wi-Fi, tighten loose accessories, change light bulbs) [IND-HOME.4B](#)
  - c Recognize need for additional help [IND-HOME.4C](#)
  - d Maintain a cleaning schedule [IND-HOME.4D](#)
  - e Utilize a variety of resources to troubleshoot household problems [IND-HOME.4E](#)
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**Using Services - The student utilizes services and community resources such as a laundromat, post office, library, hair salon, take out, banks, etc.** [IND-SERVICES](#)

### 1 Recognize and Recall

- a Identify common locations by function/service provided [IND-SERVICES.1A](#)
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### 2 Identify and Comprehend

- a Use library [IND-SERVICES.2A](#)
  - b Order and pick up take-out food [IND-SERVICES.2B](#)
  - c Ask for assistance in stores [IND-SERVICES.2C](#)
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### 3 Interpret and Understand

- a Pay bills on time [IND-SERVICES.3A](#)
  - b Maintain a bank account [IND-SERVICES.3B](#)
  - c Use laundromat/dry cleaner routine [IND-SERVICES.3C](#)
  - d Utilize movie rental services [IND-SERVICES.3D](#)
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### 4 Apply and Generalize

- a Identify and utilize services for home maintenance and repair (calling landlord or contractor) [IND-SERVICES.4A](#)
  - b Make and keep appointments [IND-SERVICES.4B](#)
  - c Order and manage utilities and bills (electric, water, phone, cable, etc.) [IND-SERVICES.4C](#)
  - d Utilize customer service to address needs [IND-SERVICES.4D](#)
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**Wellness - The student demonstrates knowledge and engages in healthy practices in everyday life.** IND-

WELLNESS

### **1 Recognize and Recall**

- a Practice healthy habits and routines to limit spread of germs for a number of everyday tasks (bathroom use, washing hands, eating food, and blowing nose) IND-WELLNESS.1A
  - b Identify signs, words and symbols associated with poisonous products IND-WELLNESS.1B
  - c Use a prompt (visual or auditory) to increase independence with daily routines (i.e., picture task analysis, notes on iPad, timer or alarm reminders) IND-WELLNESS.1C
  - d Recognize signs of illness in self and/or others IND-WELLNESS.1D
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### **2 Identify and Comprehend**

- a Express rules and guidelines related to intake of potentially poisonous or poisonous products used in your everyday life (i.e., mouthwash, bleach, detergent, aspirin, and nail polish) IND-WELLNESS.2A
  - b Identify who to call when feeling ill IND-WELLNESS.2B
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### **3 Interpret and Understand**

- a Practice advanced skills to promote cleanliness and hygiene (wash clothing, clean surfaces, staying away from others who are sick, covering mouth/nose) IND-WELLNESS.3A
  - b Demonstrate understanding of germs/germ safety and associated risks IND-WELLNESS.3B
  - c Store and use protective gear to ensure safety and generalize knowledge about commonly used poisonous products to unfamiliar products (i.e., paint, gasoline, oil, turpentine) IND-WELLNESS.3C
  - d Use portable devices to provide task analysis of novel tasks and reminders (i.e., alarm for medicine intake, bathroom use) IND-WELLNESS.3D
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### **4 Apply and Generalize**

- a Demonstrate understanding of healthy habits by generalizing steps in routines to novel situations or environments IND-WELLNESS.4A
  - b Demonstrate understanding of germs/germ safety and associated risks IND-WELLNESS.4B
  - c Demonstrate proper selection, use, storage, and disposal of various poisonous products (safety guidelines) IND-WELLNESS.4C
  - d Independently create and use task analyses or reminders to ensure safe and healthy practices (input medicine reminders) IND-WELLNESS.4D
  - e Exercises universal precautions IND-WELLNESS.4E
  - f Demonstrate understanding of who or how to contact others in an emergency or when feeling ill IND-WELLNESS.4F
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**Nutrition - The student demonstrates understanding of proper nutrition in order to lead a healthy life.** IND-NUTRITION

### **1 Recognize and Recall**

- a Differentiate between food items (food vs. non- food items) IND-NUTRITION.1A
  - b Find menus of favorite restaurants on the internet IND-NUTRITION.1B
  - c Sample a variety of healthy food choices IND-NUTRITION.1C
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### **2 Identify and Comprehend**

- a Identify food you need for health (fruit and vegetables vs. candy and chips) IND-NUTRITION.2A
  - b Demonstrate knowledge of labels and vocabulary (reading or site words) related to healthy eating (vitamin, calorie, sugars, fat, and salt) IND-NUTRITION.2B
  - c Identify nutritional information provided for select food on internet or on food labels (i.e., calories, fat, and saturated fat) IND-NUTRITION.2C
  - d Identify a variety of preferred healthy foods IND-NUTRITION.2D
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### **3 Interpret and Understand**

- a Identify portion size and nutritionally balanced meals (i.e., Knowledge of food pyramid, ability to identify healthy portions, ability to develop daily menu) IND-NUTRITION.3A
  - b Read labels to select healthy foods based on two to three key nutritional values IND-NUTRITION.3B
  - c Compare and contrast nutritional information provided for select food on internet (i.e., calories, fat, saturated fat, vitamins, cholesterol, and salt) IND-NUTRITION.3C
  - d Purchase preferred healthy food or share healthy food choices with persons purchasing food in household and teachers or cooks/clerks in school cafeteria IND-NUTRITION.3D
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### **4 Apply and Generalize**

- a Plan, prepare and consume at least two nutritionally balanced meals daily IND-NUTRITION.4A
- b Make selections based on labels and individualized health needs (high cholesterol- look for low salt content, overweight - look for low calorie or fat or high fiber values, maintaining health-look for foods with Vitamins and fiber) IND-NUTRITION.4B
- c Analyze differences in foods in terms of nutrition listed by researching food nutritional values on the internet IND-NUTRITION.4C
- d Use knowledge of healthy food preferences to prepare and cook meals IND-NUTRITION.4D