

Parents - Transition Skills Checklist

Vocational Skills

Can your child:

- Get to and from work, on time
- Perform work satisfactorily
- Work cooperatively with others
- Take break or lunch appropriately
- Wear suitable clothing
- Use appropriate safety procedures
- Follow directions
- Accept supervision
- Community Skills

Can your child:

- Use public transportation
- Shop for groceries, clothing
- Make necessary appointments
- Use a phone
- Use bank accounts
- Be safe in traffic, among strangers
- Know how to seek help
- Handle money
- Use an ATM
- Use vending machines (laundry machines, fare cards, and so on)

Domestic Skills

Can your child:

- Plan menus
- Make shopping list from menus
- Prepare breakfast, lunch, supper, snack, or pack a lunch
- Wash dishes, pots, and pans
- Clean up apartment (bathroom, living areas, kitchen, and so on)
- Clean own room
- Do laundry: use washer, dryer, and iron

Social & Personal Skills

Can your child:

- Supply appropriate personal identification
- Greet people appropriately
- Use contemporary style of dress, hair, make-up
- Use good grooming, hygiene skills consistently
- "Talk" with friends and coworkers
- Be courteous
- Be responsible
- Be happy

Recreation & Leisure Skills

Can your child:

- Use free time for pleasure
- Choose reasonable activities
- Pick a hobby
- Perform required activities
- Use community resources
- Call friends to make plans with them

Other Useful Skills

Can your child:

- Use a cell phone
- Use a datebook
- Take prescriptions as directed
- Use over-the-counter medications appropriately
- Use sunscreen when needed
- Use insect repellent when needed

From the National Down Syndrome Society website:

<http://www.ndss.org/Resources/Adolescence-Adulthood/Life-After-High-School/>