



TRANSITION SKILLS INVENTORY

Skill levels vary

No help | Some help | Lots of help | No reminders | Some reminders | Lots of reminders | Still learning

HOUSEHOLD

- Makes bed daily
- Changes linens weekly
- Uses a vacuum cleaner and/or broom
- Makes a list and grocery shops
- Uses kitchen knives safely
- Uses an oven safely
- Uses a stove top safely
- Uses microwave safely
- Washes hands before food preparation
- Cooks a simple meal
- Cooks a healthy meal
- Has practiced simple recipes at home
- Has a few foolproof recipes/meals
- Knows how to use a single-serving crock pot
- Limits intake of junk food
- Washes/dries dishes by hand
- Mops a floor
- Cleans up kitchen daily
- Cleans toilet
- Cleans bathroom
- Cleans clutter from rooms
- Does own laundry

PERSONAL CARE

- Sets alarm clock
- Wakes up to an alarm clock
- Gets up without intervention
- Can recognize the onset of an illness
- Independently showers on a daily basis
- Independently shampoos hair
- Uses a hair dryer safely
- Able to complete personal care/grooming
- Shaves daily/as needed
- Independently takes care of nails

SAFETY SKILLS

- Safely locks house when leaving
- Gains entry to house with key
- Stays home alone
- Carries identification
- Distinguishes between friends/strangers
- Knows when to call 9-1-1 vs calling non-emergency police number
- Has situational awareness skills
- Has good habits: walks with a buddy, doesn't chat on phone in car with the windows open late at night
- Has taken self-defense classes

MONEY MANAGEMENT

- Knows total monthly income
- Maintains a savings account
- Maintains a checking account
- Uses a budget
- Knows the difference between wants/needs
- Makes own decisions about things to purchase
- Has own money to spend
- Can set up and/or use online bill paying

TRANSPORTATION

- Can drive a car and keep it filled with gas
- Safely rides bicycle, scooter, motorcycle
- Knows how to use public transportation
- Takes MTA bus or AccessRide
- Can use Uber or Lyft independently
- Can take taxi independently
- Has taken plane independently
- Can make travel reservations

EMPLOYMENT

- Has held a job
- Knows the importance of being on time
- Knows how to dress appropriate for job
- Arranges transportation to/from work
- Calls in sick when appropriate
- Has a resume
- Knows how to interact in an interview
- Has good phone etiquette
- Can work full time
- Can work part time
- Volunteers

SOCIAL LIFE

- Plans social events independently
- Invites friends over for social activities
- Has a best friend
- Has a girlfriend/boyfriend
- Has a group of friends for social activities
- Has gone on dates unchaperoned
- Has appropriate reaction to peer conflicts
- Participates in social events of others

IDLE TIME

- Knows how to spend time alone contentedly
- Needs controls on desktop, laptop, tablet and/or cell to limit Internet access
- Enjoys watching television/films
- Enjoys reading
- Enjoys journaling
- Enjoys video/computer games
- Enjoys physical activity/working out
- Feels comfortable going to clubs, bars, concert, theatre alone

CHALLENGES FRIENDSHIP HOUSE RESIDENTS HAVE FACED

- Keeping apartments clean
- Cooking a simple, healthy meal
- Controlling impulse buying
- Taking meds
- Distinguishing between friends and strangers
- Having skill to recognize scam artists
- Having opportunities to meet appropriate romantic interests
- Having regularly scheduled/available social activities
- Transportation obstacles for those who don't drive

VICTORIES FRIENDSHIP HOUSE RESIDENTS HAVE ENJOYED

- Learning how to fill idle time constructively
- Becoming better at budgeting money
- Finding competitive-pay jobs
- Finding fulfilling volunteer positions
- Gaining confidence in self and abilities
- Becoming stronger self-advocates
- Building friendships independent of their families
- Learning how to cook