

Michigan Independent Living Skills Guide Exiting 12th Grade

Preface

This checklist has been developed to address the unique needs of children with visual impairments. The checklist is not a curriculum but has been designed as a tool to facilitate a progression of skills for visually impaired children.

Note: Some items in this checklist have come from other books and lists. They are referenced by the following symbols:

- (+) Frey, W., Jakwerth, P., Lynch, L., Purcell, R., & Alonso, L., (1993) Special Education Program Outcomes Guide: Visual Impairment. 2nd ed. Lansing, MI: Disability Research Systems, Inc. Center for Quality Special Education
- (*) Loumiet, R., & Levack, N. (1993). Independent Living a Curriculum with Adaptations for Students with Visual Impairments. 2nd ed. Austin, TX: Texas Schools for the Blind and Visually Impaired.
- (#) Pogrund, R., Healy, G., Jones, K., Levack, N., Martin-Curry, S., Martinez, C., Marz, J., Roberson-Smith, B., & Vrba, A., (1998) Teaching Age-Appropriate Purposeful Skills (TAPS), 2nd ed. Austin, TX: Texas Schools for the Blind and Visually Impaired.

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- Collette Bauman – Special Education Consultant, Michigan Schools for the Deaf and Blind Low Incidence Outreach
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- Shawnese Laury-Johnson – Vocational Rehabilitation Counselor, Michigan Commission for the Blind
- Pat Love-Sypho – Special Education Consultant, Michigan Schools for the Deaf and Blind Low Incidence Outreach
- Lynnette Norton – Teacher Consultant for Students with Visual Impairment and Certified Orientation and Mobility Specialist, Livonia Public Schools
- Lynn Pensari – Teacher Consultant for Students with Visual Impairment, and Certified Orientation and Mobility Specialist, Livonia Public Schools.
- Virginia Waugaman – Administrative Support, Michigan Schools for the Deaf and Blind Low Incidence Outreach

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Collette Bauman - Supervisor, MDE-LIO
Lynn Pensari – Education Consultant, MDE-LIO
The MDE-LIO Independent Living Skills Team Members

Dressing Skills: Exiting 12th Grade

New Skills

- Independently select and match clothing (includes ironing)

Prior Skills

- Describe clothing on self (color, stripes, t-neck, jeans vs. cords)
- Put on socks, shoes (correct feet, fasten shoes – velcro or buckle)
- Participate in choosing own clothes/outfits
- Describe belongings (boots, coats, backpack, etc.)
- Identify own belongings (coat, backpack, etc.)
- Tie own shoes (always on correct feet)
- Lace shoes
- Actively participate in choosing daily outfits (appropriate to planned activity, weather, etc.)
- Ensure privacy when dressing and undressing
- Dress self independently (buckles, shoes, socks, etc.)
- Independently manipulates all outer wear (zips coat, boots, hats, mittens, etc.)
- Loop belt through belt loops
- Differentiate the front/back of clothes when difficult to tell apart
- Orient articles of clothing (*)
- Independently use labeling system
- Label or adapt own clothing to aid in care/selection
- Independently choose clothing
- Begin to participate with clothing purchases
- Independently put on tights
- Know sizes of own clothing
- Organize wardrobe for independent identification
- Organize jewelry for independent identification
- Independently color coordinate clothing
- Place soiled clothing with other clothing to be washed
- Plan and update own wardrobe (*)
- Put on and remove a bra
- Awareness of proper fit (i.e. when clothing is too revealing or immodest)
- Put on an athletic supporter
- Tie a necktie or a bow tie
- Select and wear accessories for outfit (jewelry, pantyhose, tights, etc.)

Hygiene: Exiting 12th Grade

New Skills

- Independently care for all personal hygiene needs

Prior Skills

- Ensure privacy when using toilet/urinal
- Ask for assistance to locate toilet in an unfamiliar setting (*)
- Toilet independently in a familiar bathroom
- Wash hands (water on/off, soap)

- Use a variety of towel dispensers/blowers
- Use a variety of bathroom fixtures (hands free sinks, etc.)
- Use socially acceptable behavior in a bathroom. (*)
- Use tissue to wipe and blow nose
- Apply lotion/sunscreen to self with assistance
- Run water for bath/shower (need to begin gaining skills about amount of water in tub, temperature of water, etc.)
- Wash own body parts
- Shampoo own hair
- Towel dry own hair (*)
- Dry hair using hair dryer
- Use hair accessories (*)
- Comb own hair
- Independently use hair dryer and curling/flat iron
- Comb and style own hair (with assistance in styling) (+)
- Use hair styling products or techniques to maintain hair style
- Independently ensure his/her appropriate grooming and appearance throughout the day
- Explore hair styles and communicate desired cut to a hairdresser
- Identify when a haircut is needed and perform necessary steps to obtain one
- Enlist assistance to determine a functional/appropriate hairstyle (not in face, etc.)
- Independently run bath/shower
- Drain tub
- Use a variety of sinks, showers and tubs
- Independently wash and dry all body parts
- Clean and care of own glasses with minimal reminders
- Clean and care for eye prosthesis
- Independently brush teeth
- Use mouthwash
- Use dental floss on a daily basis
- Put on Band-Aid
- Clean outer part of ear with cotton swab (*)
- Wipe toilet seat or use seat protectors to ensure sanitary conditions
- Apply own makeup
- Shave legs and underarms (females)
- Shave facial hair as needed (males)
- Independently care for own nails
- Polish own nails
- Apply deodorant on a daily basis
- Participate in discussions pertaining to maturation
- Identify when menstrual cycle has begun (*)
- Care for own menstrual needs (frequency of changing feminine hygiene products)
- Participate in purchase of feminine hygiene products
- Demonstrate knowledge of when certain personal hygiene tasks should be performed (i.e. bathe/shower/hair care, etc.)
- Tweeze own eyebrows
- Participate in discussion of hair removal techniques
- Use appropriate amounts of cosmetic lotions, creams, perfume or cologne
- Choose own clothes/outfits

Eating Skills: Exiting 12th Grade

New Skills

- Independently cut food using appropriate utensils (serrated knife, sides of fork/spoon, etc.)

Prior Skills

- Use appropriate utensil to feed self
- Appropriately and independently use a knife and fork for cutting foods
- Always chew with mouth closed
- Use napkin to wipe mouth and hands without reminders
- Drink out of a cup with no lid
- Use a straw to sip liquid
- Peel bananas, oranges (other fruit)
- Differentiate food from non-food items (*)
- Take small bites from whole food items (sandwich, cookie, etc.) (*)
- Identify food on plate
- Locate all items at a simple place setting (knife, fork, spoon, plate, cup, etc.) (*)
- Use bread as a pusher
- Use correct posture at the table (move utensil to mouth, not mouth to utensil)
- Independently pour a drink
- Independently spread using butter/lettuce knife
- Use butter knife and fork to cut soft food items (bananas, hotdogs, etc.)
- Use correct utensils for eating
- Independently pass and serve self from a variety of serving dishes
- Independently drink from a drinking fountain
- Identify difference between salt and pepper shakers
- Use salt and pepper shakers
- Eat without being messy (*)
- Use condiments from a variety of containers (pumps, squeeze bottles, packets, etc.)
- Check for food spills on self
- Eating hard/difficult foods (ice cream cone, tacos, spaghetti, etc.)
- Independently open all containers
- Locate items in place setting in unfamiliar environments with assistance (restaurant, etc.)
- Demonstrate skills in eating hard to handle or unusual foods (*)
- Demonstrate appropriate social skills when eating unusual/hard to handle foods (tacos, spaghetti, etc.)
- Demonstrate knowledge of My Plate nutritional guidelines and foods in each category
- Choose foods to eat from each category of the My Plate food group
- Locate items in place setting in unfamiliar environment
- Locate unusual items in place settings (dessert fork, salad fork, etc.)
- Read a menu and make a selection
- Follow all procedures at a variety of fast food restaurants with minimal assistance (*)
- Eat using skills commensurate with mainstream peers, including the use of a knife or roll to push vegetables or meat to the fork (+)
- Ask for assistance from the chef to make food more manageable as appropriate (i.e. lobster, sushi, etc.)
- Use a variety of condiments from different types of containers

- Politely ask someone at the table to explain food locations on a plate presented without identification (+)
- Use a vending machine to get food/drink with minimal assistance
- Use soft drink dispenser at a fast food restaurant
- Independently follow all procedures at restaurants having waiters and waitresses
- Follow procedures in commercial cafeteria and buffet lines (advocate for making own food choices)
- Utilize salad, entrée and dessert plates in a buffet line
- Independently open a variety of food containers and wrappers

Cooking/Meals: Exiting 12th Grade

New Skills

- Independently utilize all kitchen appliances (microwave, toaster, stove, can opener, etc.)
- Independently shop for meals
- Demonstrate kitchen safety/sanitation techniques
- Demonstrate the appropriate methods for food storage (thawing, freezing, discarding, etc.)

Prior Skills

- Carry a tray from one location to another
- Get items from kitchen (snacks, juice box from refrigerator)
- Return to correct place after use
- Pick up trash and place in trash can
- Wipe up spills with assistance
- Get drink independently (water from tap, juice box from refrigerator) (*)
- Stir using a variety of utensils/containers
- Place food items in containers and close (bags, Ziploc, Tupperware, etc.)
- Name major appliances (refrigerator, stove, oven, etc.)
- Identify functions of major appliances (refrigerator, stove, oven, etc.)
- Orient to stove/oven
- Discuss safety precautions for kitchen appliances
- Name small appliances
- Identify function of small appliances
- Orient to small appliances
- Use a variety of small appliances with minimal assistance (blender, mixer, hot shot, etc.)
- Exposure to common cooking utensils (spatula, measuring cups, etc.)
- Participate with adult in making simple items (slice and bake cookies, etc.)
- Actively participate with adult in cooking (stove/oven, etc.)
- Participate in meal preparation (cutting, measuring, etc.)
- Use kitchen tools with minimal assistance (apple slicer, peeler, etc.)
- Use adaptive kitchen devices with minimal assistance (auto flip spatula, liquid level indicator)
- Use can opener(s) with minimal assistance
- Discuss kitchen safety (electricity to close to water, dish towels on stove top, etc.)
- Safely plug/unplug small appliances
- Store food appropriately (correct container, cupboard vs. refrigerator)

- Place food in appropriate locations
- Gather necessary items for a snack (recipe, etc.)
- Independently prepare a simple snack (sandwich, cereal, etc.)
- Use toaster/microwave to make simple snacks
- Make a sandwich/lunch independently (get supplies, make, put away, clean up, etc.)
- Pack own lunch
- Use kitchen tools independently
- Independently use a variety of small appliances (blender, hot shot, etc.)
- Prepare simple meal
- Plan and prepare a balanced meal from the basic food groups (+)
- Independently follow a simple recipe
- Plan and prepare food for special occasions/outings with assistance
- Identify items within each category of the My Plate nutritional guidelines
- Discuss healthy vs. non-healthy food choices
- Independently use a variety of kitchen appliances
- Independently cut meat
- Independently prepare vegetables (chop, dice, etc.)
- Use all food preparation utensils appropriately (+)
- Transfer hot liquids with minimal assistance
- Fill serving dishes from pots and pans with minimal assistance
- Use potholders/mitts/trivets when serving hot dishes
- Assist with grocery shopping
- Write out and follow a shopping list
- Compare the quality/quantity/cost of grocery items
- Develop an electronic or paper recipe file
- Determine appropriate disposal of food items
- Identify spoiled food
- Observe expiration dates
- Discuss the difference between sell by and use by dates
- Report shelf life of common foods
- Identify/develop efficient methods for organizing and storing food/kitchen items
- Set kitchen timer (built-in stove timer, electronic device, adaptive timer, etc.)

Household Chores: Exiting 12th Grade

New Skills

- Independently care for pet(s) (walk, feed, etc.)

Prior Skills

- Pick up/put away own toys
- Clean counter/mirrors/windows
- Open/close cabinet doors
- Hang towel on hook/rack
- Straighten items on shelves
- Turn on/off lights
- Awareness of where items are stored
- Discuss uses of household cleaning products
- Use locks/keys with minimal assistance

- Water plants
- Perform household chores regularly
- Identify recyclable items
- Feed/ water family pets
- Independently clean countertop
- Use broom/dust pan/vacuum to clean floor
- Independently mop floors
- Independently clean own bathroom
- Dust/ polish furniture
- Clean walls and woodwork with minimal assistance
- Clean own bedroom (toys, clothes, etc.)
- Perform household cleaning chores regularly (make bed daily, wash clothes weekly, etc.)
- Operate household appliances with supervision (vacuum, dishwasher, blender, coffeemaker, etc.)
- Assist with yard work (weeding, raking, shoveling snow, watering plants, etc.)
- Assist with cleaning stove and refrigerator on a regular basis (+)
- Take household trash to trash receptacle
- Take out trash to curb
- Regulate the temperature within the house in a safe manner (open/close windows/doors as needed)
- Set table for family (plates, silverware, napkin, cup)
- Set formal and informal place settings
- Clear table after meal
- Place clean silverware in proper place
- Scrape own plates into garbage can/disposal
- Independently stack dishes
- Independently wash/dry/put away dishes
- Unload dishwasher and put items away with minimal assistance
- Load dishwasher, add dish soap and turn on
- Check to make sure that dishes are clean before putting away
- Clean stove/microwave/small appliances with assistance
- Straighten own bed daily (pull up sheets and blankets)
- Independently remove sheets/bedding
- Independently make bed that has been stripped

Basic Household Repairs: Exiting 12th Grade

New Skills

- Correctly identify tool needed for repair (differences between screwdrivers, when to use a wrench, hammer, etc.)

Prior Skills

- Identify when batteries need to be changed on personal items
- Identify different types of batteries
- Know battery size for personal items (radios, remotes, calculators, etc.)
- Change batteries in flashlight/smoke detector, etc.
- Perform simple household repairs (change light bulb, unclog sink etc.)
- Hang pictures/curtains, etc. with assistance

- Assist with painting room/item (taping, rollers, brushes, etc.)

Laundry Skills: Exiting 12th Grade

New Skills

- Independently use coin and/or card operated laundry

Prior Skills

- Identify if clothes are inside out
- Fold simple flat items
- Begin to check clothes for stains, rips, missing buttons with assistance
- Place soiled clothing with other clothing to be washed
- Independently match socks
- Independently fold/hang up clothes (fix if inside out)
- Identify stain, add stain remover
- Put clothes away with minimal assistance
- Name own clothing/shoe size (*)
- Store jewelry in an organized manner (*)
- Clean closet/dressers, remove clothing that is too small or out of season
- Independently wash/dry own clothes
- Independently sort laundry
- Independently fold, hang up, put away laundry
- Use an iron or alternative wrinkle removing techniques
- Identify if an article of clothing needs repair
- Hand wash and line dry delicate items
- Demonstrate the safe and proper use of common cleaning supplies for clothes
- Identify stains and use appropriate techniques and products to remove them
- Store clothes in closets/dressers in an organized manner
- Mend or use alternate methods for repairs
- Consider a variety of factors when deciding on clothing purchases (styles, cost, size, frequency of use, etc.)
- Know complimentary colors and styles
- Select/purchase articles of clothing, foot wear, accessories, etc.
- Label/adapt clothing as needed to aid in clothing care or selection
- Plan and update own wardrobe
- Search for and download color identification apps on cell phone or tablet with supervision
- Use color identification apps on cell phone or tablet with supervision

Organizational Skills: Exiting 12th Grade

New Skills

- Identify/use most effective labeling system for self
- Independently organize clothes for seasonal use

Prior Skills

- Locate/put away items in own space (cubbies, locker, desk, etc.)
- Know the correct location of commonly used items

- Retrieve/return commonly used items
- Open, place items in, and close backpack
- Use simple labeling system to identify preferred food items with assistance (juice box, cereal, etc.)
- Continue to develop a personal labeling system
- Participate in development of tactile/large print marking system (stove, microwave, washer, dryer etc.)
- Differentiate between different yet similar items by labeling (soft drinks, cereal, etc.)
- Use labeling system for personal items (home/school)
- Assemble materials in a systematic manner (papers, DVDs, books, chargers, etc.)
- Demonstrate methods/techniques for effectively organizing personal space (+)
- Use school assignment book on a daily basis to keep track of school assignments
- Complete/turn in assignments on time
- Determine daily class materials/needs (book volume, notetaker, magnifier, etc.)
- Order own educational/leisure materials well in advance (books, other equipment, etc.) (+)
- Explain the need for keeping items organized
- Organize school materials
- Help organize kitchen/bathroom cabinets
- Clean/organize contents of a tote bag, purse, backpack or wallet
- Pack suitcase for an extended stay
- Organize belongings for next day (clothes, school/work materials, etc.)
- Organize closets/dressers
- Demonstrate organizational skills in daily activities

Safety/Emergency Procedures: Exiting 12th Grade

New Skills

- Identify personal/financial information that should not be shared (social security number, PIN number for debit transactions, etc.)
- Know how to prevent fires and the appropriate people to call in case of emergency (fire, 9-1-1, etc.)
- Know/follow safety procedures for emergency situations with weather (tornado, hurricane, etc.)
- Demonstrate CPR
- Follow medicine label directions carefully to avoid accidental overdoses or misdoses
- Know how to prevent, recognize, respond to water emergencies

Prior Skills

- Demonstrate stop-drop-roll
- Locate entrances/exits in home/classroom
- Follow safety precautions for electrical outlets
- Follow safety precautions around pools, lakes, etc.
- Opportunity to meet/discuss safety personnel (police, fire fighter, etc.)
- Identify emergency personnel or other community people who may be helpful (staff uniforms, badges, etc.)
- Discuss community safety procedures (don't talk to strangers, play with matches, lock doors, awareness of surroundings, etc.)

- Discuss fire safety procedures (candle, hot stove, matches, etc.)
- Discuss purpose of fire alarm, carbon monoxide, smoke detector
- Practice what to do when alarm(s)/siren(s) go off
- Practice dialogues when calling 9-1-1
- Explain what constitutes an emergency (calling 9-1-1)
- Use a variety of doors/locks in order to exit in an emergency (home, school, etc.)
- Identify different sirens and know what to do if they sound (tornado, etc.)
- Practice exiting building/home when fire alarm, carbon monoxide, smoke detector goes off
- Monitor UV Index forecast and apply sunscreen as appropriate with supervision
- Demonstrate medication/vitamin safety (proper dosage, etc.)
- Know full name, age, birthday
- Know parents' full name
- Describe own parents (hair color, etc.)
- Describe Orientation and Mobility Instructor or person they are traveling with in the community
- Identify what exit to take in different parts of home in the event of an emergency
- Plan for emergency (meeting place outside, etc.)
- Talk about what to do if a stranger approaches (yell, attract attention, hold on to bike, etc.)
- Plan for being separated from parents in community (what to do, who to ask for help, stay put, etc.)
- Know how to swim
- Make a list of telephone numbers to call in an emergency (police, fire, poison control, grandparents, neighbors, etc.)
- Identify common emergency situations in which injury or illness may occur, and demonstrate actions to take (*)
- Discuss and demonstrate safety procedures, (home/school, strangers, poisoning, choking, etc.)
- Safely store and use household chemicals (+)
- Demonstrate safe practices in using electricity/gas (+)
- Demonstrate basic sanitation practices (+)
- Demonstrate how to use items in a first aid kit (*)
- Describe or demonstrate ways to care for people who are sick with common illnesses (*)
- Gain an awareness of internet dangers
- Demonstrate safety procedures with searching for and downloading apps
- Discuss information that is safe vs. unsafe to share on social media, text messages, and the internet
- Demonstrate safety procedures when surfing the internet
- Wear/use appropriate clothing/accessories for sun exposure (hat, sunglasses, umbrella, sunscreen, etc.)
- Determine when to report a crime and demonstrate skills for doing so

Telephone Skills: Exiting 12th Grade

New Skills

- Program cell phone or use adaptive software with assistance
- Independently use voice over and/or speech recognition assistance (ex. Siri)
- Search for and download apps

Prior Skills

- Know own telephone number
- Independently obtain phone numbers using directory assistance, phone book, built-in voice recognition assistance software on cell phone (ex.Siri), etc.
- Independently use phone to call friends, relatives, etc.
- Independently dial phone including long distance
- Independently use cell phone to send and receive text messages.
- Dial 9-1-1
- Accurately record/check messages on voicemail on cell phone
- Independently take clear accurate phone messages
- Independently leave voice message
- Independently operate cell phone
- Call/order take out/delivery of food with supervision
- Maintain a personal directory of important numbers
- Create/use a contact list of frequently used numbers
- Know when to use alternate non-emergency phone numbers (211 or 311)
- Independently call/order take out/delivery of food
- Know phone keypad letter/number correspondence (2=ABC, 3=DEF, etc.)

Time Concepts: Exiting 12th Grade

New Skills

- Independently use a variety of clocks
- Independently use calendar for appointment setting
- Maintain a calendar of long range, personally scheduled activities

Prior Skills

- Understand calendar concepts (days, weeks, months, etc.)
- Understand the difference between day and night
- Demonstrate an understanding of past/future events
- Demonstrate the awareness of the successive order of events (*)
- Use time words (yesterday, last night, tomorrow, etc.)
- Demonstrate awareness of relative length of time (*)
- Name months of the year
- Relate months of year/days of week to a calendar (+)
- Discriminate between weekdays/weekends (*)
- Demonstrate the concept of being late/early, and give examples of what to do in those instances (*)
- Tell the day of the week when certain activities happen (gym, music, cub scouts, swimming lessons, etc.)
- Explain school schedule (starting/end time, successive order of classes/activities, etc.)
- Estimate length of time for familiar activities (*)
- Plan/follow daily schedule
- Use calendar or other management system to schedule classes keep track/schedule appointments, classes, events, etc.
- Set priorities for managing time with supervision

- Independently use alarm clock/alarm on cell phone
- Independently use watch or cell phone to determine time
- Plan/follow daily schedule
- Use calendar or other management system to schedule classes, appointments, etc.
- Independently set/use priorities for managing time
- Use variety of schedules (class schedule, bus schedule, etc)

Money Skills: Exiting 12th Grade

New Skills

- Use techniques to identify paper money (folding techniques, smartphone or tablet applications)
- Budget money for weekly expenses
- Independently manage own money
- Independently go to store/make purchase
- Open/manage own bank account(s) with assistance
- Balance, monitor checking/savings accounts electronically (online banking, text messages, etc.)
- Awareness of money management software

Prior Skills

- Sort/name coins
- Understand money is needed to buy things
- Use coin operated machines (vending machine, gumball machine, etc.)
- Accompany family to a variety of different stores (clothing, grocery, hardware, etc.)
- Identify coins by value
- Estimate amount of purchase with assistance
- Demonstrate awareness that items have different monetary values (*)
- Discuss taxable/nontaxable items
- Make small purchases (dollar store, fast food, etc.)
- Know if change is due when making purchase
- Carry/store money in a secure manner (*)
- Identify the kinds of stores that sell certain items
- Name specific stores where common items can be bought
- Give exact amount for purchase
- Count change/make sure it is correct
- Determine if you have enough money to make purchase
- Identify attributes wanted in an item and check for those attributes when purchasing at item (*)
- Arrange to earn money by performing tasks (*)
- Schedule enough chores/jobs to earn a specified amount of money (*)
- Return item to store for refund/exchange
- Know the difference between refund/store credit
- Use gift card/certificate to make a purchase
- Fold money for identification/retrieval (+)
- Organize money in wallet
- Manage money at level commensurate with peers (+)
- Verify value of bills received from strangers (+)

- Estimate total cost of purchases (+)
- Explain differences/similarities between credit card/debit card
- Explain services provided by banks/credit unions
- Open savings account
- Participate in making decisions about the use of own savings account (+)
- Describe the difference between checking/savings account (+)
- Use services provided by banks/credit unions with assistance
- Use ATM machine with assistance
- Use credit/debit card to make purchases
- Demonstrate how to endorse a check
- Develop budget for long range purchase
- Search for and download money identification apps on cell phone or tablet
- Use money identification apps on cell phone or tablet

Personal Information: Exiting 12th Grade

New Skills

- State/Know personal information (social security number, county, etc.)
- Fill out forms with personal information
- Apply for colleges/universities/work study programs
- Apply for financial aid

Prior Skills

- Know full name, age, birthday
- Know complete address (including state and zip code)
- State full name, age, birthday of parent(s)/guardian(s) and siblings
- Describe own family (what they do, where they work, etc.)
- Describe parent(s)/guardian(s) vehicle type/color
- Provide physical description of parent(s)/guardian(s)
- Know parent(s)/guardian(s) occupation(s) (what they do, where they work, etc.)
- Name extended family members (grandparents, aunts, cousins, etc.)
- State where extended family members live (city, state, etc.)
- State parent(s)/guardian(s) work/cell phone number(s)
- Name friends (first and last name) and where they live
- Describe personal eye condition
- Describe how eye condition impacts daily activities
- Describe to whom/when it is safe/not safe to divulge personal information
- Write a resume
- Role play a job interview
- Complete a job application correctly
- Explore various colleges/universities/job training programs
- Explore various careers
- Explore impact of visual impairment on various careers

Medical/Health Care: Exiting 12th Grade

New Skills

- Know/state medications used for certain illnesses (headaches, cold, flu, etc.)
- Know personal medical insurance information
- Know/state hereditary family health issues
- Demonstrate CPR

Prior Skills

- Explore common medical equipment (stethoscope, thermometer, etc.)
- Discuss medication/vitamin safety (administered by adult, not candy, etc.)
- Discuss medication/vitamin safety (administered by adult, not candy, etc.)
- Discuss medical care facilities
- Discuss doctors and type of medical care provided (eye doctor, pediatrician, etc.) Tell where it hurts
- Demonstrate good posture and identify what is poor posture (*)
- Swallow hard tablets/capsules (*)
- Describe symptoms of injury/illness to adult (*)
- Identify locations to purchase/receive medications (pharmacy, school, nurse, etc.)
- Discuss safety rules associated with medicine (*)
- Identify own medication(s)
- Discuss substances that can be harmful for a person's body (*)
- Discuss the negative effects of the use of tobacco, alcohol, marijuana and other illegal drugs
- Identify people to contact for help with problems or questions about substance abuse (*)
- Demonstrate ways of dealing with peer pressure to use alcohol, tobacco, marijuana, or other illegal or non-prescribed drugs (*)
- Use a scale to determine own weight (*)
- Identify common emergency situations in which injury or illness may occur
- Demonstrate actions to take in common emergency situations
- Demonstrate how to use items in a first aid kit (*)
- Awareness of positive health habits to maintain a healthy lifestyle weight
- Actively participate in eye exam
- State names(s) of own doctor(s)
- Demonstrate medical procedures for strangling, choking, poisoning, etc.
- Participate in babysitting class
- Discuss safety procedures when babysitting
- Identify own medication(s)
- State names(s) of own doctor(s)
- Contact medical practitioner for care (dentist, ophthalmologist, etc.)
- Demonstrate medical procedures for strangling, poisoning, etc.
- Participate in babysitting class
- Contact American Red Cross regarding safety seminars

Social Skills: Exiting 12th Grade

New Skills

- Identify how different friends can meet different needs
- Discuss basic physical concept of sexual intercourse, conception, pregnancy, labor, birth, contraception, etc.
- Discuss sexually transmitted infections
- Describe methods of birth control
- Use assertive techniques in appropriate social situations
- Research/obtain information regarding personal safety

Prior Skills

- Demonstrate socially appropriate conversational skills (head up, face speaker, etc.)
- Discontinue inappropriate body movements (rocking, eye poking, flapping, etc.)
- Use please/thank you/excuse me
- Cover mouth when coughing/sneezing
- Demonstrate ability to take turns/share
- Appropriately initiate conversation with adults/peers
- Describe attributes of a good friend
- Demonstrate strategies for making friends
- Practice strategies to initiate/maintain friendships (send text messages, connect on social media, call on telephone, invite over to home, attend social gatherings/events, etc.)
- Demonstrate ways to reciprocate to friends
- Participate with peers in a variety of games
- Discuss right/wrong thing to do in different social situations
- Discuss ways to deal with peer pressure (lying, stealing etc.)
- Discuss ways to compliment others
- Discuss ways to deal with bullying
- Initiate friendships (invite over to home, invite to movie, etc.)
- Participate in school activities
- Participate in extra-curricular/community activities
- Use appropriate facial expressions (+)
- Use conversational gestures, as appropriate, during ordinary conversations (+)
- Volunteer to work at school events (+)
- Demonstrate appropriate personal space
- Use a wide variety of nonverbal behaviors to communicate more effectively
- Discuss how cultural difference may affect nonverbal communications and what the implications of these differences are for social interactions
- Know the pros/cons of following/not following laws, rules, and standards of behavior
- Discuss appropriate behavior in unfamiliar settings
- Anticipate potential problems and steps to solve them
- Discuss the rights/responsibilities of an individual in a relationship
- Identify dangers that can occur on dates
- Understand what is meant by "date rape"
- Explain what to do if attacked/raped on a date

Self-Advocacy: Exiting 12th Grade

New Skills

- Reciprocate assistance from volunteers (*)
- Ask for accommodations (large print, emailed assignment, etc.)
- Independently contact agencies/companies that sell adaptive technology
- Independently contact various adaptive technology companies for necessary repairs
- Discuss services provided by disability offices at post-secondary institutions

Prior Skills

- Phrase request as a question
- Use excuse me to interrupt others
- Discuss option of refusing assistance
- Understand when assistance is needed
- Discuss available resources (library, electronic libraries, school personnel, etc.)
- Inform appropriate person of technology repairs needed
- Request special needs (larger print, slant board, etc.)
- Express appreciation for assistance
- Discuss appropriate expectations (visual impairment does not warrant special treatment, etc.)
- Handle/report/discourage bullying with assistance
- Take responsibility for own success in school (no excuses, ask for help, etc.)
- Write your own signature with assistance
- Describe activities which are difficult due to visual impairment
- Determine how materials can be adapted
- Describe how simple environmental modifications can be made to increase independence (*)
- Use/care for complex adaptive devices (*)
- Explain the purpose of related services that are being received (*)
- Discuss where various adapted materials/equipment are purchased and participate in obtaining them (*)
- Write own signature (*)
- Demonstrate a thorough understanding of own etiology and visual abilities
- Inform others of own special needs in a variety of situations (*)
- Express personal preferences for reading media/aids for specific subjects (math, social studies, etc.) (+)
- Receive/return books/devices with assistance
- Demonstrate knowledge of agencies for obtaining adapted books/resources (Rose Project, Newline, etc.)
- Contact/arrange for Braille/Large Print texts for one subject area with assistance (+)
- Appropriately ask for clarification when seeking information
- Explain to peers how own visual impairment requires a need for assistance in certain situations (+)
- Demonstrate assertiveness without being aggressive in conversations
- Discuss how personal decisions are based on own set of values (+)
- Participate in own IEP
- Contact state/local agencies/organizations that provide services to the visually impaired
- Inform others about own impairment related needs in variety of situations

- Demonstrate skills for giving sighted people information about people who are visually impaired
- Use reader(s) with assistance
- Explore ways to locate a reader
- Ask for assistance when needed
- Tactfully refuse assistance when not needed (*)

Orientation & Mobility: Exiting 12th Grade

New Skills

- Independently use/care for optical/electronic aids, etc.
- Use appropriate cane technique for environment/situation (two point touch, trailing, etc.)
- Independently cross complex intersections with traffic signals
- Independently use public transportation (bus, taxi, etc.)
- Independently travel in familiar environments
- Independently follow multi step directions
- Correctly identify signage on doors (Braille, raised letters, etc.)
- Independently operate GPS on cell phone, tablet, or other device

Prior Skills

- Independently locate items in common areas (classroom, home, etc.)
- Travel in a group (lines, etc.)
- Independently travel to locations in familiar environments (school, home, church, etc.)
- Independently locate own classroom from entrance of school building
- Independently travel to classes in school (gym, art, music, etc.)
- Exposure to signage (bathrooms, room numbers, etc.)
- Demonstrate directional concepts (on, below, next to, etc.)
- Know right/left directional concepts
- Identify own body parts
- Localize sound
- Move toward sound source
- Engage/disengage own seatbelt
- Independently enter/exit school bus
- Independently/safely open/door vehicle (awareness of environment and safety concepts)
- Independently push chair under table
- Use appropriate gait when walking
- Hold object while walking (tray, cup, toy, etc.) (#)
- Identify familiar environmental sounds (#)
- Follow one-step commands (#)
- Awareness environmental clues/landmarks
- Identify own cane
- Identify/name parts of cane (if cane user)
- Know/use appropriate place to store cane in classroom, home, etc.
- Use sighted guide appropriately
- Appropriately accept/refuse assistance
- Walk up/down stairs using alternating feet
- Determine appropriate time to cross street in residential area
- Independently cross a residential street

- Navigate school lunch line with minimal assistance
- Locate dropped objects
- Know location of important places
- Identify street names/landmarks along commonly traveled routes
- Demonstrate use of mental maps (if I am here, what is across the room, layout of classroom, etc.)
- Discuss/expose to different intersections
- Discuss/expose to traffic patterns
- Identify different types of curbs (cut-out, blended, etc.)
- Independently use trailing skills
- Exposure to parallel/perpendicular traffic movement
- Independently use protective techniques
- Independently use squaring off technique
- Use environmental sounds as clues when traveling
- Use basic cane techniques (shorelining, appropriate arc, etc.)
- Identify various intersections
- Identify parallel/perpendicular traffic
- Identify differences between landmarks/clues
- Name major cross streets by home
- Use appropriate cane skills
- Identify location of items in store(s) (produce section, frozen foods, clothing, housewares, etc.)
- Use maps of familiar locations
- Give directions home from familiar places (school, mall, etc)
- Determine location of service desk
- Independently locate items in familiar stores
- Introduction to guide dogs (skills needed, care of, etc.)
- Make necessary arrangements/preparations to go shopping
- Know the hours and days of operation for common businesses
- Input an address or intersection into a GPS device or application
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