

Resource Module

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Hygiene Skills Workshop

- Nails: Cleaning, clipping, shaping, and painting
- Grooming: Bathing, showering, hair care
- Shaving: Legs, face, armpits
- Beauty Shop/Hair: Washing, drying, irons, salons

Sewing Workshop

- Hand sewing and mending
- Sewing a button
- Machine sewing

Lunch-Making Workshop

- Sandwiches
- Soups
- Bento box lunches

Small Appliances Workshop

- Skillet
- Blender
- Food processor
- Brewing coffee
- Hot Shot
- Instant Pot
- Hand and stand mixers

Food Skills

- [Cooking Tips \[PDF\]](https://bit.ly/30f7oy2) (bit.ly/30f7oy2)
- [Eating Skills - Feeding Defensiveness \[PDF\]](https://bit.ly/3fBe11O) (bit.ly/3fBe11O)
- [Food Appliance Video](https://bit.ly/3a1bKvP) (bit.ly/3a1bKvP)
- [Don't Be Instantly Scared of Your Instant Pot](https://bit.ly/2DET3IC) (bit.ly/2DET3IC)
- [Instant Pot: Bluetooth-Enabled Crockpot/Pressure Cooker](https://bit.ly/3il7kD7) (bit.ly/3il7kD7)
- [Tips for Feeding and Eating](https://wonderbaby.org/feeding-and-eating) (wonderbaby.org/feeding-and-eating)
- [Cooking Development 1st and 2nd Grade](https://bit.ly/3fxgSZB) (bit.ly/3fxgSZB)

General

- [Five-Minute ILS \[PDF\]](https://bit.ly/2Pu5djP) (bit.ly/2Pu5djP)
This MDE-LIO document lists ILS activities students can complete in five minutes or less.

Grooming

- [Grooming Tips](https://bit.ly/2ESTI3f) (bit.ly/2ESTI3f)
- [Clipping and Filing Fingernails Video](https://bit.ly/3a0wDHm) (bit.ly/3a0wDHm)
- [Painting Fingernails Video](https://bit.ly/2DCjCIb) (bit.ly/2DCjCIb)
- [Putting Toothpaste on a Toothbrush Video](https://bit.ly/3klygUL) (bit.ly/3klygUL)

Leisure Skills

- [Adapting Leisure Activities \[PDF\]](https://bit.ly/31tsvVA) (bit.ly/31tsvVA)

Money Identification

- [Identifying and Organizing Money Video](https://bit.ly/2Drj5Jg) (bit.ly/2Drj5Jg)

Sewing Skills

- [Tips for Sewing by Hand](https://oldsite.balancefba.org/living/dls/sewing.html) (oldsite.balancefba.org/living/dls/sewing.html)
- [Clothing Care and Sewing Tips from TSBVI](https://bit.ly/3fxnaZd) (bit.ly/3fxnaZd)
- [Sewing and Mending with Adaptive Needle Video](https://bit.ly/31pNAXX) (bit.ly/31pNAXX)

Making a Sandwich

Objective

Student will show competence in making a sandwich by:

- Measuring the desired amount of product for spreading.
- Transferring the product to the bread without dropping any ingredients.
- Covering the entire surface of the bread without breaking it or smearing on fingers.

Technique

1. Clear a flat working area.
2. Place all supplies on a tray.
3. Place bread on center of plate.
4. Locate butter/condiment container and bring it closer to the plate.
5. Hold knife in dominant hand and secure butter dish/condiment jar with free hand.
6. Turn cutting edge of knife toward body and scoop under butter/condiment.
7. Use thumb and middle finger of other hand to secure bread in a stationary position.
8. Place butter/condiment on center of bread.
 - Spread in an organized pattern:
 - Spread from far right hand corner working toward front right corner.
 - Spread from right to left and top to bottom or center to outside.
9. Monitor tactilely if necessary:
 - When making peanut butter and jelly or lunch meat sandwiches, the condiment sides are placed touching each other.
 - When making grilled cheese or similar grilled sandwiches, the buttered sides are on the outside of the sandwich and the cheese is between the unbuttered sides of the bread.

Making Grilled Sandwiches

Objective

The student will show competence in grilling a sandwich by:

- Placing food in a memorable position in the frying pan or griddle.
- Setting the control to the required temperature and adjusting as indicated.
- Safely turning and removing food.
- Effectively determining the doneness of food.

Technique

1. Place food to be grilled in a cold pan/griddle in an organized manner.
2. Foods should be separated from one another and not overlap the sides of the pan.
3. Students should note how the food is laid out and how many pieces are in the pan/griddle.
4. Turn on stove or griddle to medium-high.
5. Use a food turner to turn food.
 - Spatula
 - Double-sided spatula (usually works best)
 - Tongs
6. A utensil can be used to probe and determine the texture of the food and therefore provide an indication of doneness.
 - In addition, a timer and smell can assist in determining the doneness of food.
7. Before attempting to remove food from the pan/griddle, a plate or serving dish should be placed in an easily located spot near the pan/griddle.
8. The food is then lifted as it was during turning and is placed on the awaiting dish.
9. Be sure stove/griddle is turned off.

Supplies

- Tray
- Plate(s)
- Knife
- Spatula (double-sided)
- Bread
- Butter/condiments
- Skillet/griddle/Foreman Grill or waffle iron

Enrichment Activities

- Use a variety of spreading consistencies.
- Use different sizes/shapes of containers, jars, tubs, etc.
- Use different textures for spreading (bread, crackers, biscuits, etc.)

Adaptations

- Some students may find it easier to use a teaspoon instead of a knife for spreading because of its wider surface.
- A circular motion as well as any of the above techniques may be used.
- It is easier to spread butter/condiments on bread that has been refrigerated or frozen.

Steps in Making a Bed

Student Name:	Student Birth Date:
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Sub-Tasks and Checkpoints

Please indicate the student's present level of functioning for the stated activity, using one of the following choices for each question.

(I) Independent Skill

(VP) Verbal Prompts

(PA) Physical Assistance

(NC) Non-cooperative in This Task

No.	Activity	Functioning Level
1	Place linen on chair.	
2	Unfold one sheet on the bed.	
3	Grasp bottom of sheet and pull to bottom of mattress.	
4	Grasp top of sheet and pull to top of mattress.	
5	Center and straighten sheet.	
6	Smooth out wrinkles.	
7	Tuck sheet under mattress at bottom.	
8	Tuck sheet under mattress at top.	
9	Tuck under right side of sheet; then left.	
10	Unfold and spread out second sheet on bed.	
11	Pull bottom of sheet to bottom of mattress.	
12	Center, straighten, and smooth out.	
13	Unfold blanket, pull to bottom of bed.	

No.	Activity	Functioning Level
14	Pull to a hand's span from the top of the bed.	
15	Center, straighten, smooth out.	
16	Tuck top sheet and blanket under at bottom.	
17	Fold top sheet back over blanket.	
18	Unfold bedspread, pull to bottom.	
19	Center, straighten, smooth out.	
20	Pull to top of bed, fold back spread.	
21	Lay pillow lengthwise on bed.	
22	Hold open end of case.	
23	Pull case over bottom of pillow.	
24	Hold pillow against chest.	
25	Shake pillow into case.	
26	Lay pillow at top of bed.	
27	Pull spread up over pillow.	

Developed by Patricia Love-Sypho, Education Consultant
Michigan Department of Education - Low Incidence Outreach

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Practice spreading three times per week using a variety of foods.

Practice using an item from each column and write the number and letter in the appropriate square.

Foods:

1. Bread
2. Crackers
3. Bagel
4. Roll
5. English Muffin
6. Cupcakes
7. Other

Spreads:

- A. Butter
- B. Jelly
- C. Peanut Butter
- D. Cream Cheese
- E. Condiments
- F. Frosting
- G. Other

Approximate prices are below.

- Braille Labeler (\$27.95, MaxiAids)
- Hot Shot (\$19.99)
- Double spatula (\$15)
- Hot pads
- Apple corer/slicer (\$9.99)
- High-contrast cutting boards (\$16.95)
- Cutting board with chute (\$7.59, MaxiAids)
- Microwave-safe cool-touch bowl (\$11.95)
- Lettuce knife (\$5.95)

Pampered Chef Items

- Microwaveable bowl with strainer (Micro-Cooker) (\$11)
- Smooth-edge can opener (\$25)
- Can strainer (\$10)
- Nylon knife (\$9)

Adapted Games

- Microwaveable bowl with strainer (Micro-Cooker) (\$11)
- Smooth-edge can opener (\$25)
- Can strainer (\$10)
- Nylon knife (\$9)

Locations to purchase items listed above:

- [Amazon](https://www.amazon.com) (amazon.com)
- [Independent Living Aids](https://www.independentlivingaids.com) (independentliving.com)
- [MaxiAids](https://www.maxiaids.com) (maxiaids.com)
- [Pampered Chef](https://www.pamperedchef.com) (pamperedchef.com)
- [Target](https://www.target.com) (target.com)
- [Walmart](https://www.walmart.com) (walmart.com)

Please note: MDE-LIO does not endorse any one specific product or store; these products are listed as suggestions.

1. In Microsoft Word, in your top ribbon, go to the Mailings heading.
2. Select Labels from the Create section.
3. Select Options from the Envelope and Labels pop-up box.
4. Select the Label Vendor you are using.
5. Select the code for the correct product number for the label you are using.
 - Product numbers can be located on the packaging and often on the label page.
6. Create labels to fit in vinyl ID holder so you can use them again.
 - Use approximately 48-point font (Verdana, Arial, Calibri; anything that is sans serif)
 - Place clear braille sticker labels on each name badge holder so the child can find their own nametag.
 - Place the nametags for the children in alphabetical order on a table clipped to a piece of cardboard so it is easy to transport in a binder and the badges aren't falling on the floor when the child looks for their name.

For the parent nametags, consider bringing disposable stickers, as the same parent does not always attend.

Easy and Quick ILS Recipes

Most recipes should not take more than 15 minutes.

Materials Needed

All of these items can be made with a microwave or a toaster, or they require no cooking. Gather a tray or cookie sheet with edges to keep all items contained in one area and to help eliminate large messes if there is a spill.

Additional Training Information

Instructor training information can be found in the following locations:

- Spreading Task Analysis in Module 1
- Making a Microwave Accessible in Module 2
- ILS Module 3 Training Tools: Video: AMI Blind Life Hack: Basic Knife Use
- ILS Module 3 Training Tools: Tips for Pouring

Helpful Reminders

- Don't forget to remind the student that clean hands are a must. Have them re-wash their hands when they lick their fingers, press their eyes, or rub their nose. When you are cooking for others, cleanliness is critical.
- Remember, some students will need help with parts of these tasks. Find ways to help them be successful with the experience, no matter their level. You may need practice tasks such as opening packages, pouring, measuring, or spreading several times before they understand how to do it. You may also need to give them several types of items to work with before they can generalize the task to other activities.
- Have a damp cloth nearby to allow students to wipe their fingers while they are working.

Recipes

Mug Cake

Locate a simple recipe online, or have your student research it. I usually look at Pinterest to find an easy recipe based on what type of cake the student likes. Have the student measure out the ingredients and mix together directly in a microwave safe coffee mug. Heat in the microwave for approximately 1 to 1.5 minutes. Let it cool for a bit while the child washes the measuring tools and puts away the ingredients.

Cinnamon Toast

Toast bread in a toaster and have the student practice spreading skills. Spread room-temperature butter on the toast and then sprinkle with cinnamon and sugar (I usually have a shaker mixed with the two ingredients for young children. Older children can make their cinnamon and sugar mixture and put in a bowl or shaker to dispense on the toast.)

Ants on a Log

Have the child wash celery and dry with a towel. You can purchase pre-cut celery or an entire head of celery and have the child cut with a knife and cutting board, depending on the child's skill level and the amount of time you have to work with. Scoop a small amount of peanut butter into a separate container so the child does not contaminate the full jar. Using a butter knife or spoon, scoop a small amount onto the celery and spread in to the inner curve of the celery. Add chocolate chips or raisins to the peanut butter that is spread on the celery.

Instant Oatmeal

Measure water and add to microwave-safe bowl with one package of instant oatmeal. Feel free to add toppings, if you have time, or eat as-is (topping ideas: raisins, berries, cut-up banana, nuts, cinnamon).

Bagel With Cream Cheese

Toast bagel in toaster and have student spread cream cheese, butter, peanut butter, or jelly on the bagel. Remember to make sure the cream cheese and butter are not straight from the refrigerator to allow for easier spreading.

English Muffin Pizza

Spread pizza sauce on one half of an English muffin. Add cheese and any other pizza toppings the student likes. Heat in the microwave for 30 seconds or until cheese has melted.

Cereal With Milk

Have the student practice pouring cereal into a bowl. Using a smaller container of milk (or milk carton from school), have the child slowly pour the milk and check with their finger to ensure the milk and cereal do not pour over the edge of the bowl. Try different sizes of cereal boxes and different-sized milk containers to find which one they are most successful with.

Crackers With Cheese

Have the student open a package of crackers and lay a couple of crackers on a plate or paper towel. Have the student use a cheese slicer, butter knife, or cheese knife to cut a slice or two of cheese. Talk about the thickness of a slice of cheese that is appropriate for a cracker.

Tortilla and Cheese

Have the student open a bag of tortillas (twist tie or zipper bag). Pull out one tortilla, fold it in half, and reopen it so the student can determine where to place the cheese. Place it on a paper plate or microwave-safe dish (be sure the dish does not get hot in the microwave). Then, measure out $\frac{1}{4}$ cup of cheese and place it on one half of the tortilla. Fold the tortilla half without cheese onto the half with the cheese and microwave for 30 seconds or until cheese is melted.

Classic Pumpkin Pie

Materials Needed

- 3/4 cup
- 1 teaspoon
- 1/4 teaspoon
- 1/8 teaspoon
- 1/2 teaspoon
- Can opener
- Hand mixer or whisk
- Large mixing bowl
- Scraper
- Baking sheet
- Optional wire rack
- Pie server
- Sharp knife

Ingredients

- 3/4 cup sugar
- 1 tsp. ground cinnamon
- 1/4 tsp. ground allspice
- 1/8 tsp. ground cloves
- 1/8 tsp. fresh grated nutmeg
- 1/4 tsp. salt
- 2 eggs
- 1 can pumpkin purée (15 oz.)
- 1 can evaporated milk (12 oz.)
- 1 pie shell (9"), unbaked

Directions

1. Preheat the oven to 425°F.
2. In a large bowl, whisk together the sugar, cinnamon, allspice, cloves, nutmeg, and salt, until well combined. Add the eggs, pumpkin, and evaporated milk and whisk until smooth. Pour the mixture into the prepared pie shell, scrape the edges of the bowl with a scraper, and place on a baking sheet.
3. Bake in the lower third of the oven for 15 minutes, then reduce the heat to 350°F and bake for an additional 40 to 45 minutes, or until the filling is set at the edges and just slightly wobbly in the center.
4. Cool for 3 hours on a wire rack before slicing.

Crustless Taco Pie

Materials Needed

- Skillet
- Spatula or wood scraper
- Knife
- Cutting board
- Can opener
- Bowl
- 2/3 measuring cup
- 1/2 teaspoon
- 1/4 measuring cup
- 1 cup measuring cup
- 8.5x11-inch pan
- Fork or whisk
- Optional strainer for grease

Ingredients

(Double ingredients if using 8.5x11-inch pan)

- 1 pound lean ground beef (2 lbs.)
- 1 packet taco seasoning (2 pkgs.)
- 3 green onions thinly sliced (6 green onions)
- 1/4 cup salsa (1/2 cup salsa)
- 1 cup Mexican blend cheese finely shredded, quantity divided (2 cups)
- 4 large eggs (8 eggs)
- 2/3 cup heavy cream (1 1/3 cup heavy cream)
- 1/2 tsp. sea salt (1 tsp. salt)

Instructions

1. Preheat oven to 350°F. Prepare a 9-inch pie pan by greasing with butter or spraying with coconut oil.
2. Heat a large skillet over medium-high heat. When skillet is hot, add ground beef, breaking up into small pieces with a spoon or spatula (move spatula or wooden scraper in repeated left/right and up/down grid patterns to ensure all meat is broken up). Cook, stirring occasionally until browned (about 7-10 minutes). Add taco seasoning and cook according to package instructions. Set aside and allow to cool while continuing with the next step. (Tip: If using lean ground beef, you will not need to drain the grease.)
3. In a medium mixing bowl, whisk together the eggs and heavy cream. Stir in the green onions, salsa, 3/4 cup of the cheese, and the salt.
4. Stir prepared taco meat into the egg mixture. Pour this mixture into the prepared pie pan. Sprinkle remaining cheese on top.
5. Bake pie in preheated oven for 35-45 minutes or until the top is brown and the pie is set. Allow to cool for 5 minutes before serving.
6. Serve with your favorite taco toppings such as salsa, black olives, tortilla chips, sour cream, guacamole, sliced green onions, or whatever else you like!

Easy Breakfast Strata

Materials Needed

- 8.5x11-inch baking pan or casserole dish
- Blender
- 1/2 cup measuring cup
- Spatula
- Hot pads

Ingredients

- 1 loaf of bread
- 8-10 eggs
- 1 pound chopped bacon or ground breakfast sausage (pre-cooked)
- 1 cup cheddar cheese shreds
- 1/2 cup green pepper
- 1/2 cup frozen diced onion
- Butter
- Cooking spray

Directions

1. Preheat oven to 400 degrees.
2. Spray the bottom of the pan with cooking spray.
3. Place one layer of bread on the bottom of the pan so all edges are touching and the entire bottom of the pan is covered with bread in a single layer.
4. Place breakfast sausage or bacon on the bread and spread evenly in one layer.
5. Spread 1/2 cup of frozen chopped green pepper and 1/2 cup frozen chopped onion over the sausage.
6. Sprinkle 1 cup of cheese over the vegetables.
7. Butter 8 slices of bread for the top layer.
8. Layer buttered bread, making sure the edges touch and cover the entire layer. You may need to cut some slices of bread in half to fit; you may not need all 8 slices. Make sure the butter is facing up.
9. Crack 8 eggs into a blender and blend for 15-30 seconds.
10. Lift one piece of bread and pour about half of the eggs into the pan (replace the bread).
11. Lift another piece of bread on the opposite end and pour the remainder of the eggs (replace the bread). Eggs should touch bottom of the bread. If they do not, add 2 additional blended eggs.
12. With hot pads on both hands, carefully place pan in the oven and bake for 45 minutes.

Instant Pot Beef Stew

- Servings: 6 servings
- Cook Time: 20 Minutes

Materials Needed

- Instant Pot
- Sharp knife
- Cutting board
- Garlic press
- Tablespoon
- Teaspoon
- 1/3 cup measuring cup
- 1 cup measuring cup
- Large serving spoon
- Spatula
- Ladle

Ingredients

- 2 pounds beef stew meat, cubed
- 2 tsp. sea salt
- 1 tsp. ground black pepper
- 1 tsp. onion powder
- 3 tsp. Italian seasoning
- 1/3 c. flour
- 3 Tbsp. olive oil
- 1 medium yellow onion, cut into chunks
- 2 Tbsp. minced garlic
- 6 Tbsp. tomato paste
- 2 Tbsp. balsamic vinaigrette
- 3-4 Idaho potatoes, chopped into 1-inch chunks
- 2 c. carrot chips (not frozen)
- 2 tsp. Worcestershire sauce
- 3 bay leaves
- 5 c. beef broth
- 1 c. water
- Fresh parsley, for garnish

Instructions

1. Chop the potatoes and onions; set aside.
2. In a large plastic zip-close bag, combine the flour, salt, black pepper, onion powder, 1 tsp. Italian seasoning, and meat.
3. Zip the bag closed and shake to combine.
4. Set the Instant Pot (IP) to "sauté" mode.
5. Add olive oil.

6. Add meat and brown on all sides, moving around with the spatula.
7. Remove meat from IP and place it in a bowl. Add onions and garlic, and sauté for 1-2 minutes.
8. Mix in the balsamic vinaigrette and tomato paste until hot enough to deglaze the pot.
9. Add beef into the IP with the potatoes, carrots, Worcestershire sauce, 2 tsp. Italian seasoning, bay leaves, and beef broth. Stir to combine.
10. Add in enough water to cover the vegetables.
11. Cover with the lid and set the vent to sealing.
12. Manually set the IP to high pressure for 20 minutes.
13. Once the time is up, allow the IP to naturally release pressure for 15 minutes (set your own personal timer).
14. Open the lid and ladle the soup into bowls.

Lazy Lasagna: Baked Ravioli Casserole

Materials Needed

- Skillet
- 3/4 measuring cup
- 1/4 measuring cup
- 1/3 measuring cup
- Wooden spoon or scraper
- Spatula
- 9×13-inch glass baking dish
- Oven

Ingredients

- 1 pound lean ground beef
- 1 jar approximately 24 ounces spaghetti sauce
- 1 bag approximately 25 ounces square shaped cheese ravioli (no need to thaw)
- 1 1/3 cups shredded mozzarella cheese divided

Instructions

1. Preheat the oven to 350°F.
2. In a medium skillet, crumble and brown the ground beef over medium heat until completely browned. Drain off the excess fat. (Tip: Use lean beef and eliminate need to drain grease.)
3. Reserve 3/4 cup of the spaghetti sauce; set aside. Add the remaining spaghetti sauce to the skillet with the ground beef. Stir well, then cover and simmer over medium-low heat for 10 minutes, stirring occasionally.
4. Spread 1/4 cup of the reserved spaghetti sauce into the bottom of a 9×13-inch glass baking dish. Arrange one third of the frozen ravioli in a single layer in the pan.
5. Top the ravioli in the pan with half of the ground beef mixture, then sprinkle with 1/3 cup of the shredded mozzarella cheese.
6. Place another third of the frozen ravioli in a single layer over the meat sauce and cheese. Top with the rest of the meat sauce and another 1/3 cup of the shredded mozzarella cheese.
7. Place the rest of the frozen ravioli on top of the casserole. Top with the remaining 1/2 cup of the spaghetti sauce. Sprinkle with the remaining 2/3 cup of shredded mozzarella cheese.
8. Bake the casserole for 30-40 minutes, until the cheese is completely melted and beginning to bubble around the edges.
9. Add meat and brown on all sides, moving around with the spatula.

10. Remove meat from IP and place it in a bowl. Add onions and garlic, and sauté for 1-2 minutes.
11. Mix in the balsamic vinaigrette and tomato paste until hot enough to deglaze the pot.
12. Add beef into the IP with the potatoes, carrots, Worcestershire sauce, 2 tsp. Italian seasoning, bay leaves, and beef broth. Stir to combine.
13. Add in enough water to cover the vegetables.
14. Cover with the lid and set the vent to sealing.
15. Manually set the IP to high pressure for 20 minutes.
16. Once the time is up, allow the IP to naturally release pressure for 15 minutes (set your own personal timer).
17. Open the lid and ladle the soup into bowls.

Pumpkin Cheesecake

Materials Needed

- Pie plate
- 3/4 measuring cup
- 1/2 measuring cup
- Tablespoon measuring spoon
- Food processor
- Scraper
- Oven

Ingredients

- 16 oz. reduced-fat cream cheese, softened
- 3/4 canned pumpkin
- 1/2. granulated sweetener/sugar
- 1 Tbsp. vanilla extract
- 1 Tbsp. ground cinnamon
- 1 Tbsp. flour
- 2 large eggs
- Parchment paper
- Cooking spray or butter to grease pan

Instructions

1. Preheat oven to 350°F.
2. Grease a 9-inch pie plate, line the bottom with a parchment circle, and grease the parchment.
3. In a food processor, add the cream cheese, pumpkin, sweetener, vanilla, cinnamon, and flour. Process until blended, stopping to scrape the sides of the bowl as needed.
4. Add the eggs and process just until blended. Don't over-mix.
5. Pour the mixture into the prepared pie plate.
6. Bake until the center of the cake is almost set (soft but not liquid), about 40 minutes.
7. Transfer the cake to a cooling rack and cool to room temperature, about 2 hours, then refrigerate for at least 4 hours, and preferably overnight, before slicing.
8. To slice the cake, use a sharp knife dipped in warm water and wiped clean. Dip it again after each slice. This will help you cut the cake into neat, non-messy slices.

Assessments and Checklists

American Printing House for the Blind (APH) Assessing Daily Living Skills

- [APH Assessing Daily Living Skills](http://aph.org/assessing-daily-living-skills) (aph.org/assessing-daily-living-skills)
- [Clothing Management Assessment Manual](http://bit.ly/3jhgeC1) (bit.ly/3jhgeC1)
- [Food Management Assessment Manual](http://bit.ly/3aVkynm) (bit.ly/3aVkynm)
- [Home Management Assessment Manual](http://bit.ly/2FNFAc2) (bit.ly/2FNFAc2)
- [Self-Management Assessment Manual](http://bit.ly/2Qrchhq) (bit.ly/2Qrchhq)

MDE-LIO: Independent Living Skills

- [MDE-LIO Independent Living Skills Page](http://bit.ly/LivingSkills) (bit.ly/LivingSkills)

Texas School for the Blind EVALS

- [EVALS \(Evaluating Visually Impaired Students\)](http://bit.ly/3aSUc5o) (bit.ly/3aSUc5o)

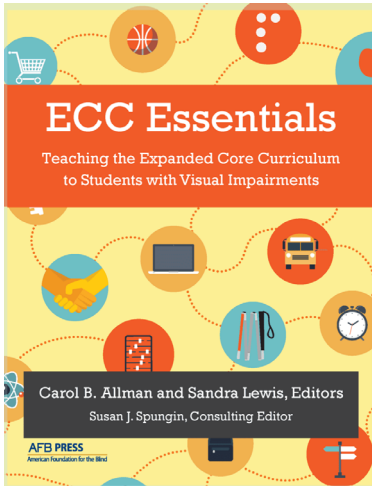
Blogs and Videos

- [Cooking Without Looking Blog](http://perkinselearning.org/users/cookingwithoutlooking) (perkinselearning.org/users/cookingwithoutlooking)
- [Genesee Intermediate School District Visual Impairment Blog](http://gisdvi.weebly.com/gisd-vi-blog) (gisdvi.weebly.com/gisd-vi-blog)
- [Hadley School for the Blind Daily Living Video Trainings](http://bit.ly/2Qow41m) (bit.ly/2Qow41m)
- [North Dakota School for the Blind Videos on Independent Living Skills](http://bit.ly/2YfXhbu) (bit.ly/2YfXhbu)
- [Washington State School for the Blind Video Clips on Blindness Tips](http://wssb.wa.gov/welcome-to-wssb/services/video-clips) (wssb.wa.gov/welcome-to-wssb/services/video-clips)

Websites

- [Family Connect](http://familyconnect.org) (familyconnect.org): For parents of children with visual impairments.
- [Paths to Literacy: Independent Living](http://pathstoliteracy.org/topic/independent-living) (pathstoliteracy.org/topic/independent-living): Resource hub for families who are affected by a visual impairment.
- [VisionAware](http://visionaware.org) (visionaware.org): Resources for independent living with vision loss.
- WonderBaby.org: Resources for parents of babies and children who are Blind/Visually Impaired (BVI) or have another disability.
- [Perkins School for the Blind Independent Living Skills articles](http://bit.ly/3hvX9vs) (bit.ly/3hvX9vs): Resources for educating children who are BVI.

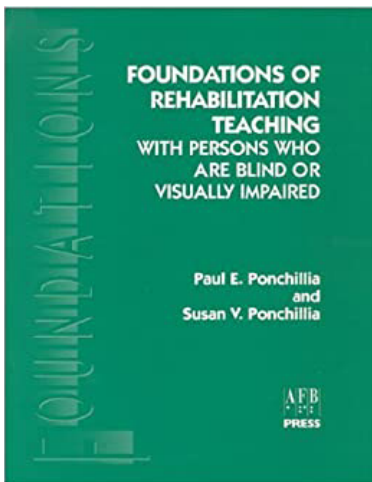
Manuals and Textbooks



1. ECC Essentials: Teaching the Expanded Core Curriculum to Students with Visual Impairments

Allman and Lewis, Editors

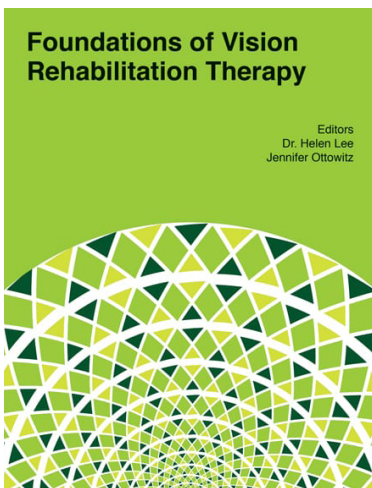
ECC Essentials: Teaching the Expanded Core Curriculum to Students with Visual Impairments focuses on the nine areas of the expanded core curriculum (ECC), which include compensatory access, sensory efficiency, assistive technology, orientation and mobility, independent living, social interaction, recreation and leisure, career education, and self-determination.



2. Foundations of Rehabilitation Teaching With Persons Who Are Blind or Visually Impaired

Paul E. Ponchillia, Susan V. Ponchillia

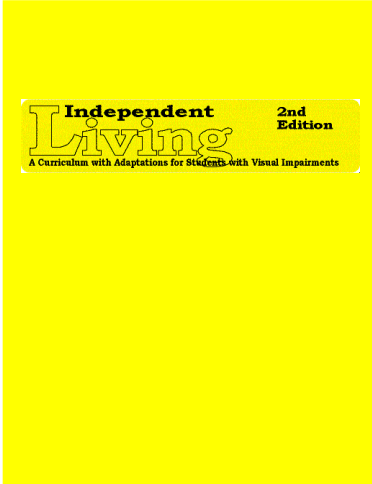
This textbook includes information on low-vision skills, communication skills, and daily living skills, including food preparation, personal management, home management, and leisure and recreation. The book includes step-by-step lesson plans.



3. Foundations of Vision Rehabilitation Therapy

Dr. Helen Lee and Jennifer Ottowitz, Editors

This textbook includes updated information on teaching independent living skills to clients and students who are BVI.

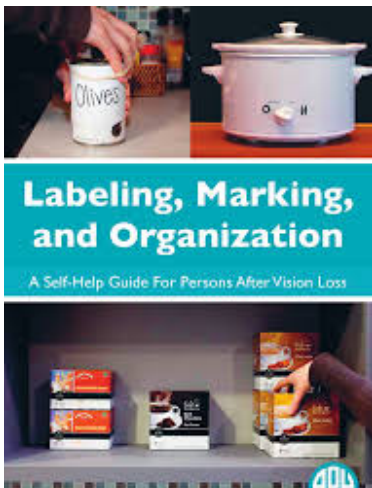


4. Independent Living: A Curriculum With Adaptations for Students With Visual Impairments: Second Edition

Robin Loumiet and Nancy Levack, © TSBVI 1993

Order # 59421ILP, 3 volumes, sold only in sets.

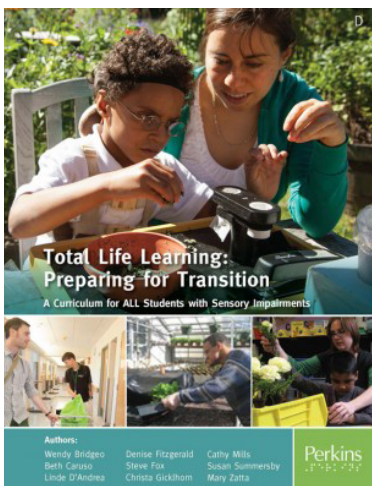
This manual will help you in assessing, teaching, and evaluating students from school age to adulthood who will live independently or with minimal assistance in social, self-care, and leisure skills.



5. Labeling, Marking, and Organization: A Self-Help Guide for Persons After Vision Loss

Lisa-Anne Mowerson

This manual teaches you how to organize materials with and without labeling.



6. Total Life Learning

Wendy Bridgeo, Beth Caruso, and Mary Zatta

The Total Life Learning curriculum was developed for students ages 3 to 22 who are BVI, including students who have additional disabilities or who are DeafBlind. The focus is on the development of life and career goals that enable student to maximize independence, self-determination, employability, and participation in the community.

Technology Tools

[Aira](https://aira.io) (aira.io)

Aira is a service that helps people who are BVI explore their surroundings with the aid of a trained professional who provides requested information via a phone app.

[Be My Eyes](https://bemyeyes.com) (bemyeyes.com)

Be My Eyes is a service that helps people who are BVI access their surroundings with the help of online volunteers who connect via video on a phone app.

[Assistive Apps](https://mdelio.org/blind-visually-impaired/other-resources/assistive-apps) (mdelio.org/blind-visually-impaired/other-resources/assistive-apps)

Search through MDE-LIO's list of assistive technology resources to find accessible apps and websites for students and teachers to use.

[Seeing AI](https://microsoft.com/en-us/ai/seeing-ai) (microsoft.com/en-us/ai/seeing-ai)

Seeing AI is a free app that narrates text, reads handwritten text, scans barcodes, identifies currency and colors, and provides person and scene descriptions.