



Strategies for Empowering Independent Living Skills (part 2)

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Objectives

- Identify advanced independent living skills
- Apply the checklist approach to assess a child's progress in basic independent living skills and determine the necessary steps for advancing to more complex skill areas
- Align advanced independent living skills with family and professional goals



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Organization



Organization Skills

- Creating digital organization of files, calendars, folders, etc.
- Maintaining digital information



Organization Skills—Level 4

Creating digital organization of files, calendars, folders, etc.

- When creating a document, first label the document with a name.
- When organizing digital files, create folders for each class, then within each class folder determine how you want or organize. For example: By day of the week, in class/homework, by week etc.
- Use a digital calendar or sticky note system to type assignments for each class and for extracurricular activities and practices.



Organization Skills—Level 5

Maintaining digital information

- Schedule a time each month to go through files/emails/contact lists to determine what needs to be kept and what can be deleted.
- Generalize skills across settings. Practice and implement all the skills in all areas of everyday activities.



Household Cleaning



Cleaning/Household Tasks

- Create and use a cleaning schedule
- Household Maintenance



Cleaning/Household Tasks—Level 4

Create and use a cleaning schedule

- Store cleaning supplies in a safe but accessible location. Label bottles for easier identification. For example- to be used in the bathroom, to be used in the kitchen, universal.
- Brainstorm to create a list of chores and maintenance tasks the child can complete independently.
- Explore a variety of tools such as hammers, screwdrivers, pliers, lightbulbs that are commonly used in the home.



Cleaning/Household Tasks—Level 5

Household maintenance

- Interview a plumber, electrician, landscaper, and other careers related to homecare and maintenance.
- Create a household maintenance checklist. For example—changing filters, changing batteries in smoke detectors, scheduling maintenance for heating/cooling.
- Exploring options for lawn maintenance and snow removal.



Time Management



Time Management Skills

- Creating a schedule, agenda, or planner
- Decision making and setting priorities



Time Management Skills—Level 4

Creating a schedule, agenda, or planner

- Set aside time during the day that child can record items in their agenda such as extra curricular activities, assignments, and social activities.
- Determining how much time to allocate for specific tasks and setting priorities. Understanding the importance of allowing extra time.

Problem solving when creating their schedule.



Time Management Skills—Level 5

Decision making and setting priorities

- Keep “time tracking journals” in which they record how long various tasks took and if more or less time is needed.
- Interview a person with a vision impairment to find out how they handle time management.



Cooking



Cooking Skills

- Making decision about food
- Advanced kitchen skills



Cooking Skills—Level 4

Making decisions about food

- Looking at a recipe and determining if it's appropriate to make. Determining any adjustments that you may need to make or if you need assistance.
- Systematically labeling leftover food for food safety. For example, coloring coding or date made labels.
- Using an app such as Seeing AI or TapTap See to read the nutrition labels on food



Cooking Skills—Level 5

Advanced Kitchen Skills

- Select the recipe to make including the ingredients and supplies needed. For example, if making a bundt cake, a bundt pan is needed.
- Determine budget. Have child look at weekly sales papers. Make a list of items that have coupons. Clipping coupons via apps or Sunday circulars.
- Plan trip to appropriate stores for items needed.



Money Management



Money Management Skills

- Understanding expenses
- Develop a personal budget and maintain a financial record



Money Management Skills—Level 4

Understanding Expenses

- Researching various jobs. Including requirements for employment, pay, retirement.
- Knowing income pays for bills like water, electricity rent/mortgage, trash, phone bill, internet, etc.
- Knowing income pays for health insurance, car insurance, taxes and other things to include in a budget.
- Budgeting to contribute to rides, car insurance, gas for rides if a non-driver, etc.



Money Management Skills—Level 5

Develop a personal budget and maintain a financial record.

- Using a debit or credit card securely.
- Plan a trip to talk to a financial advisor.
- Identify scams and ways to protect personal and financial information.



Resources

- ECC Essentials: Teaching the Expanded Core Curriculum to Students with Visual Impairments (APH Press)
- Independent Living Skills Checklist (uploaded as Handout resource)

