Daily Living Skills

Content Area: **Special Education**
Course(s):
Time Period: **September**
Length: **All school year**
Status: **Published**

Enduring Understandings

- Using various home appliances and furniture such as washer, dryer, refrigerator, iron, ironing board, microwave, stove, coffee maker, computers and iPads, I will be able to successfully and appropriately maintain a clean daily living environment.
- I will be able to identify appliances needed to successfully live independently.
- With assistance, I will be able to identify the necessary appliances needed to successfully live independently.
- Using various cleaning supplies and resources, I will be able to identify the steps needed to maintain my daily living space.
- With assistance, I will correctly identify the ways to maintain a healthy daily living environment.
- With travel training assistance, I will be able to successfully navigate to various locations .

Essential Questions

- What tasks are necessary to maintain an appropriate level of independent living?
- What are appropriate appliances/furniture to obtain and be able to use in your living environment?
- How are appliances and furniture used correctly and safely?
- What steps are needed to maintain your daily living environment?
- What skills are necessary to successfully travel to potential job sites and CBI trips?

Content

- Will be chosen and/or designed based on the individual needs of each student. When choosing content, consideration will be given to each student´s current level of functioning as demonstrated through observation, interviews and standardized assessments such as the Washington State Life Skills Inventory Independent Living Assessment Tool, Ohioś Employability and Life Skills Assessment and the Assessment of Financial Skills and Abilities.

- Instruction will be differentiated with multiple entry points for diverse learners. The low ratio of teacher to students, in this class provides for each student's individual needs to be met and for the lesson to change to meet the needs of individual learning styles as the lesson progresses.

Topics will include the following:

- Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to

the safety of self and others.
- Staying healthy is a lifelong process that includes all dimensions of wellness.
- Many health-related situations require the application of a thoughtful decision-making process.

Skills

- Identify activities of daily living (ADLs) necessary to maintaining independent living.
- Explain why identified tasks are necessary to maintaining independent living.
- Label appliances, furniture & devices necessary to completing previously identified ADLs.
- Identify the function of targeted appliances & devices.
- List potential risks & safety precautions needed when using appliances & devices.
- Identify safety hazards and risks presented in a picture and/or live scenario.
- Provide solutions that would eliminate or reduce the identified safety risk.
- Identify solutions/strategies one can use when they do not have direct access to necessary appliances/devices to complete ADLs.
- List tasks required to maintain a clean living space.
- Explain the importance of maintaining a clean living space.
- List/identify the consequences of not maintaining a clean living space.
- Identify supplies necessary to successfully maintain a clean living space.
- List tasks requires to maintain personal hygiene.
- Explain the importance of maintaining personal hygiene.
- List/identify the consequences of not maintaining personal hygiene.
- Identify supplies nececssary to successfully maintain personal hygiene.
- Define "prioritize".
- Explain the importance of prioritizing activities within your daily routine.
- Identify and/or list steps necessary when traveling to specific locations (i.e. food store, laundromat) needed to complete ADLs.
- Create a schedule reflecting a daily routine that allots time for traveling to various locations necessary to complete ADLs.

Resources

- Washington State Life Skills Inventory Independent Living Assessment Tool
- Ohio´s Employability and Life Skills Assessment
- Assessment of Financial Skills and Abilities.

Standards

0xPFL.9.1.8.A.2	Relate how career choices, education choices, skills, entrepreneurship, and economic conditions affect income.

0xPFL.9.1.8.A.5	Relate how the demand for certain skills determines an individual's earning power.
0xPFL.9.1.8.A.6	Explain how income affects spending decisions.
0xPFL.9.1.8.B.1	Distinguish among cash, check, credit card, and debit card.
0xPFL.9.1.8.B.2	Construct a simple personal savings and spending plan based on various sources of income.
0xPFL.9.1.8.D.1	Determine how saving contributes to financial well-being.
0xHPE.2.1.4.D.1	Determine the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).
0xHPE.2.1.4.D.3	Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation.
0xHPE.2.1.4.D.CS1	Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.
0xHPE.2.2.4.B.3	Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.
0xHPE.2.2.4.B.CS1	Many health-related situations require the application of a thoughtful decision-making process.
1.1	Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
1.3	Sense of belonging in the school environment
1.6	Positive attitude toward work and learning
2.B.9	Demonstrate personal safety skills
2.C.1	Use effective oral and written communication skills and listening skills
2.C.2	Create positive and supportive relationships with other students
2.C.3	Create relationships with adults that support success
HPE.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
HPE.2.1.12.D.CS1	Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.
HPE.2.1.12.E.CS1	Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture provide a foundation for the prevention and resolution of conflict.
HPE.2.2.12.A.CS2	Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
HPE.2.4.12.A.CS1	Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.