



# Life Skills Cheat Sheet For IEP Planning

Life skills comprise everyday competencies and are defined as practical, everyday skills needed to function and meet the demands of one's environment, including the skills necessary to effectively and independently take care of oneself and to interact with other people.

## Conceptual Skills

may be the most demanding skills as they require applying insights into a situation. Conceptual skills include reading, numbers, money, time, and communication skills.



**COMMUNICATION** Understanding and using verbal and nonverbal language.



**FUNCTIONAL ACADEMICS** Using reading, writing, and math skills in everyday life.



**SELF-DIRECTION** Problem solving, exercising choice, initiating and planning activities. Skills needed for independence, responsibility, and self-control, including starting and completing tasks, keeping a schedule, following time limits, following directions, making choices, etc.

## Social Skills

are the skills we need to get along well with others, these include understanding and following social rules and customs; obeying laws, and detecting the motivations of others in order to avoid victimization and deception.



**SOCIAL SKILLS** Maintaining interpersonal relationships, understanding emotions and social cues, understanding fairness and honesty, using manners, obeying rules and laws.



**LEISURE SKILLS** Taking responsibility for one's own activities and having the ability to participate in the community.

## Practical Life Skills

are the skills needed to perform the activities of daily living, including feeding, bathing, dressing, occupational skills, and navigational skills.



**SELF-CARE** Skills needed for personal care including eating, dressing, bathing, toileting, grooming, hygiene, etc.



**HOME OR SCHOOL LIVING** Skills needed for basic care of our living space including housekeeping, food preparation, laundry, property maintenance and repairs.



**COMMUNITY USE** Shopping, using transportation and using community services.



**HEALTH AND SAFETY** Ability to protect one's self, medication management and responding to health problems.



**WORK** Ability to maintain part-time or full-time employment, either competitive or ability to work under supervision.