

**Life Skills
Self-Care by Priority**

Priority	Category	Sub-category	Current	Goal	How to achieve	by When	Responsible		Executor
							First	Second	
1	Toileting	Signal							
		Men/Women							
		Choice							
		Urine							
		Stool							
		Cleaning							
2	Period	착용							
		떼기							
		싸서 버리기							
		갈기							
		처리하기							
		옷입기							
3	Brushing	Teeth							
		치실							
4	Washing	Hot/Cold							
		Water							
		Hands							
		Face							
		Hair							
		Shaving							
		Combing							
		전체적으로							
5	Bathing	옷벗기							
		물들기							
		머리감기							
		비누칠하기							
		물로 헹구기							
		수건으로 닦기							

		옷입기							
6	Dressing	Put-on/off							
	Undressing	Button							
		Zipper							
		Season							
		Situation							
		Folding							
		정리하기							
7	Shoes	Put-on/off							
		Tieing							
		계절/상황에 맞게							
		정리하기							
8	Self-feeding	Signaling							
		Drinking							
		Spoon/Fork/Ch opstic							

**Life Skills
Organizing**

by Priority

Home Category		Current	Goal	How to achieve
Bedding				
Cleaning and tidying up	room			
	clothes			
	things and books			
	desk and table			
	toothbrush, cup, towel, soap, toothpaste			
	bathroom after using it			
Turning off the light after using				
setting the table				
dish-washing	putting dishes			
	dish-washing			
	using a washer and dryer			
Taking out the garbage				
Vacuum cleaning				
washing windows				
cutting the grass				
recycling				
School Category				
Class Materials	By Subject			
	Binding			
Self-Preparation	Class materials			
	Lunch			
	Homeworks			
	After school: lunch box			

**Life Skills
Others**

by Priority

Category	Sub-category	Current	Goal	How to achieve
Medication/Safety	스스로 약먹기			
	아플 때 호소하기			
	응급시 911 기능 알기			
	응급시 전화 걸기/전화 부탁하기			
	자기 이름/전화번호/주소 알기			
	라이터/성냥 등 불켜기			
Transportation	동네 길 알기/집 찾기			
	Crossing safely			
	Bus/Skytrain			
	Reading a map			
	Using a Navigator			
Cooking	할 수 있는 요리 리스트			
	요리 식단 짜기			
Planning	Planning what he should do beforehand			
	Planning what he likes to do beforehand : exercises, hobbies, reading, movie, etc.			
Budgeting	How to budget			
	How to save			
	How to manage			
	How to wisely use			
Driving				
Shopping				

**Life Skills
Budgeting**

	예산	지출
외식		
교통비		
교재, 용품		
의류		
헌금		
Fitness		
운동 레슨 : 테니스		
문화비 : 영화, 책, 공연		
미용		
예비비(선물비)		
Gas		
식비		

Sample : Life Skill Training

Priority	Category	Sub-category	Current	Goal	How	When	Whom
1	Cooking	Extend recipes	Sandwich	able to make 3 meals a day for 2 weeks	make a table	?	Mom
			Ramen		teach one a week		
			Scrambled egg		mart shopping, organizing, cooking		
2	Home	Dish-washing	do it independently without being asked	Training at home	on-going	Mom	
		Laundrying		Training at home	on-going	Mom	
		Garbage		Training at home	on-going	Dad	
		Recycling		Training at home	on-going	Dad	
		mowing		Training at home	on-going	Dad	
		Room cleaning		Training at home	on-going	Mom	
		Clothes		Training at home	on-going	Mom	
		Bed cover		Training at home	on-going	Mom	
3	Budgeting	bedgeting				?	Dad
		recording				?	Dad
		balancing				?	Dad
4	Driving		"L"	Get "N" by Sep 2017	Dad teaches first	Spring 2016	Dad
					Driving school (\$1,000)	Spring 2017	School
					Get "N"	Sep. 2017	
5	Living independe ntly		little experience	can go anywhere alone	Participate various outreach programs (Love Corps, Retreat, homecamp, etc)	2016	Dad/Mom