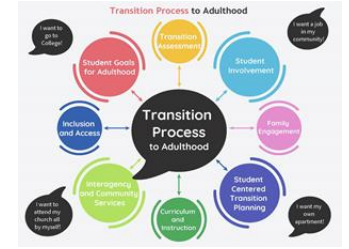




# Daily Living Skills



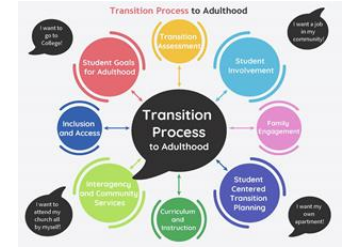
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Sub-Category	Target Population	Activities	Name	Link	Cost
<b>Cooking Skills</b>	All students	Visual recipes and task analysis to assist students with building cooking skills. Teacher or parent support is highly encouraged. Good for students who might need visuals and guidance in the kitchen.	<b>Accessible Chef</b>	<a href="https://accessiblechef.com/">https://accessiblechef.com/</a>	Free
<b>Daily Living</b>	Students with more support needs	These activities are part of the Autism Focused Intervention Resources & Modules website, but can be used with all students based on need. The activities focus on students learning virtually or staying at home. The site gives helpful suggestions for maintaining structure and enhancing daily living skills.	<b>Daily Living Resources</b>	<a href="https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Daily%20Living%20Resource%20Packet.pdf">https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Daily%20Living%20Resource%20Packet.pdf</a>	Free
<b>Financial Literacy</b>	All students	BusyKid is a chore app where kids can earn, save, share, spend and invest real allowance. Helps kids build a strong financial routine. Can be used with token economy. Teacher or parent guidance might be needed for set up.	<b>Busy Kid App</b>	<a href="https://busykid.com/">https://busykid.com/</a>	Free
<b>Financial Literacy</b>	All	This activity is part of the Transition Bell Ringers Series from the Zarrow Center for Learning Enrichment. This section focuses on functional math.	<b>Math Bell Ringers</b>	<a href="https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/transition-bell-ringers">https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/transition-bell-ringers</a>	Free

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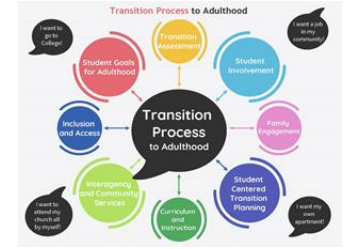
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<b>Budgeting and Money Management</b>	IRR and students with intellectual disabilities	Students can pick an area code and determine a budget based on living expenses. Students will need guidance on where to start, lessons to choose and teacher should follow up with conversations.	<b>Pennsylvania Career Zone</b>	<a href="https://www.pacareerzone.org/budget/">https://www.pacareerzone.org/budget/</a>	
<b>Healthy Living</b>	Students with developmental disabilities	Students of all ages are encouraged to workout using a series of videos led by WWE superstars and Special Olympics athletes. A fitness tracker is also provided.	<b>School of Strength</b>	<a href="http://www.specialolympics.org/school-of-strength">www.specialolympics.org/school-of-strength</a>	Free
<b>Healthcare</b>	Students with developmental disabilities ages 14-25, family caregivers and health care providers	Provides a healthcare transition checklist, assessment, curriculum, along with a series of topics and videos to help prepare youth with disabilities as they transition from pediatrics to adult care. This site includes the topic of decision making and guardianship. Curriculum and tools are provided to with the transition to adult healthcare.	<b>Healthy Transitions</b>	<a href="https://healthytransitionsny.org/about">https://healthytransitionsny.org/about</a>	Free
<b>Healthcare and Independent Living</b>	Students with intellectual disabilities	This site features a series of lessons and activities are to encourage the student to explore their preferences and needs. Teacher guidance is needed for these activities.	<b>Institute on Development and Disability: Oregon Health &amp; Science University</b>	<b>Handouts:</b> <a href="https://www.ohsu.edu/sites/default/files/2019-04/YHYC%20HANDOUTS%204_5_19.pdf">https://www.ohsu.edu/sites/default/files/2019-04/YHYC%20HANDOUTS%204_5_19.pdf</a> <b>Lessons:</b> <a href="https://www.ohsu.edu/sites/default/">https://www.ohsu.edu/sites/default/</a>	Free

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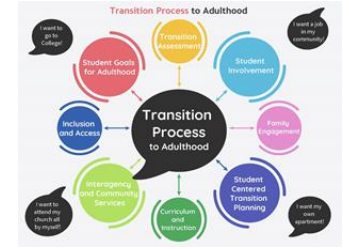
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				<a href="files/2019-04/YHYC_Summary%20of%20Sessions_4_10_19.pdf">files/2019-04/YHYC_Summary%20of%20Sessions_4_10_19.pdf</a>	
<b>Healthcare</b>	All students	New and innovative strategies for transitioning from pediatric to adult health care from the Georgia Department of Public Health.	<b>Go Transition/Center for Health Care Transition</b>	<a href="https://www.gottransition.org/index.cfm">https://www.gottransition.org/index.cfm</a>	Free
<b>Healthcare</b>	All students	Quiz to assess readiness to transition to adult health care	<b>Transition Readiness Assessment for Youth Six Core Elements of Health Care Transition 2.0</b>	<a href="https://www.gottransition.org/youth-and-young-adults/hct-quiz.cfm">https://www.gottransition.org/youth-and-young-adults/hct-quiz.cfm</a>	Free
<b>Healthcare</b>	All students	Quiz to assess readiness to transition to adult health care	<b>Transition Readiness Assessment for Youth Six Core Elements of Health Care Transition 2.0</b>	<a href="https://www.gottransition.org/6ce/?leaving-readiness-assessment-youth">https://www.gottransition.org/6ce/?leaving-readiness-assessment-youth</a>	Paper Version : Free
<b>Healthcare</b>	Families of all students	Quiz to assess a child's readiness to transition to adult health care	<b>Transition Readiness Assessment for Youth Six Core Elements of Health Care Transition 2.0</b>	<a href="https://www.gottransition.org/youth/families/HCTquiz.cfm">https://www.gottransition.org/youth/families/HCTquiz.cfm</a>	Free

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<b>Healthcare</b>	Students with intellectual disabilities	Quiz to assess readiness: for students with more significant needs	<b>Transition Readiness Assessment for Youth Six Core Elements of Health Care Transition 2.0</b>	<a href="https://gottransition.org/resource/?t=ra-iep-english">https://gottransition.org/resource/?t=ra-iep-english</a>	Free
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