

Independent Living Skills

Stage Four

Healthy Eating & Food Preparation

Students are beginning to eat independently and are encouraged to taste new foods.

- Use loaded spoon/fork to eat food that has been previously cut up
- Hold own cup (may be modified) and drink from it with minimal supervision
- Remove used utensils to kitchen
- Try a variety of foods they wouldn't normally eat

Home Management

Students can identify key areas of a house and basic cleaning equipment.

- Identify key areas of house and purpose of each
- Identify basic cleaning equipment

Personal Care

Students coactively help with self care routines. They are able to communicate basic needs.

- Co-actively helps during self care routines – face washing
- Co-actively helps during self care routines – hand washing
- Co-actively helps during self care routines- teeth cleaning
- Co-actively helps during self care routines- hair brushing
- Co-actively helps during self care routines – nose wiping
- Co-actively helps to apply sunscreen
- When physically prompted remove own unfastened clothing
- Attempts dressing when clothes held in position by an adult
- Participate in an established toileting routine
- Let others know when they are uncomfortable; hot, cold, hungry, thirsty, wet, etc
- Participate in a variety of activities involving appropriate dressing for weather
- Co-operates with the administration of personal medication

Recreation, Leisure and Community Access

With full support, students are beginning to explore various places in their local area and recognise some leisure options.

- With full support, participate in pre-planned excursions to parks and shopping centres in the local area
- With minimal support, able to locate their classroom and specific play areas outside their classroom
- Experience, explore and investigate the natural and manmade features of the local environment
- Can maintain an individual play activity for a set time
- With prompting, can locate audio/ visual equipment

- Interact with a variety of toys and equipment

Safety & First Aid

Students show a beginning awareness of personal safety.

- Seeks attention when hurt
- Pack up toys after play
- Cooperate with exiting building following emergency alarm

Shopping and Budgeting

Students begin to experience shops and shopping with close supervision.

- With full support, explore a familiar store in an orderly manner
- With physical assistance stays with the group

Travel Training

Students are becoming aware of transport and pedestrian behaviour.

- Verbalise own first name
- Name pictures of types of transport
- Experience appropriate pedestrian behaviour in a busy environment
- Tolerate the wearing of a seat belt

Work Related Skills

Students begin to undertake simple work tasks with prompts.

- Remain in work environment for specified time
- With prompting, attends to instructions given by supervisor
- With prompting completes a one-step task.
- With prompting, locate facilities e.g. washroom, lunchroom

Stage Five

Healthy Eating & Food Preparation

Students begin to manage their own lunchbox, select foods and dispose of waste.

- Eat with a spoon or fork
- Drink from a cup or drink bottle
- Pour a drink with supervision
- Manage lunch box at lunchtime
- Select food according to personal taste
- With prompting, dispose of food waste

Home Management

Students begin to clean up own area when prompted.

- When prompted use a cloth to clean surfaces with support
- When prompted remove plates, cups from table to kitchen
- When prompted put personal belongings away
- When prompted empty bin
- Able to identify a light bulb
- Can identify and name equipment for watering garden

Personal Care

Students attempt familiar self care routines when prompted.

- Attempt familiar self care routines when prompted - face washing
- Attempt familiar self care routines when prompted -hand washing
- Attempt familiar self care routines when prompted - teeth cleaning
- Attempt familiar self care routines when prompted - hair brushing
- Attempt familiar self care routines when prompted - nose wiping
- Attempts to apply sunscreen and follows prompts to wear hat
- When prompted, take off own clothing, when already unfastened
- With prompting put on clothes when given by an adult
- Follow a verbal request to go to the toilet
- Follow a familiar routine that promotes their health, with support
- Communicates illness or injury to an adult

Recreation, Leisure and Community Access

With some support, students are able to negotiate their way around the school environment. They engage in interactive play and begin to experiment with audio visual equipment.

- Locate their classroom and specific play areas
- With minimal prompts, locate frequently used areas within the school
- Identify the functions of places within the school environment
- Within the school environments, identify safe places to play
- With prompting, able to safely use leisure equipment
- Can participate in an interactive play session for a set time
- With full support operate audio / visual equipment

Safety & First Aid

Students begin to respond to and request assistance with personal safety.

- Respond to simple verbal requests in familiar situations, in regard to their personal safety
- Use playground equipment safely
- Seek help using verbal, signed or picture prompt

Shopping and Budgeting

Students begin to participate in the shopping experience.

- With minimal support, explore a familiar store
- With prompting, refrain from unnecessarily touching items on shelves
- Identify cash money
- With prompting, keep money in a safe place
- With prompting, carry a shopping bag or basket
- With prompting, identify various shops and what they sell

Travel Training

Students begin to participate in transport and pedestrian activities.

- Verbalise own last name
- With prompting, name pictures of types of public transport
- Experience supervised pedestrian activities
- With prompting, behave appropriately on school buses

Work Related Skills

Students are beginning to remain on task and request help when needed. They are becoming more aware of the work environment.

- Remain on task for a specified time
- Complete one-step task
- With prompting can complete a multi-step task
- Indicate when assigned task is completed
- Request help as required
- Locate washroom and lunchroom facilities

Stage Six**Healthy Eating & Food Preparation**

Students begin to differentiate between foods and non foods. They coactively use basic kitchen utensils.

- Understand that some substances are not food
- Eat appropriately by taking single bites or mouthfuls
- Coactively use utensils for eating meals and food preparation, but not necessarily together e.g. knife for spreading, fork for spearing food
- Eat food in correct sequence from lunch box
- Coactively pour from a jug
- Peel with hands:- oranges, bananas
- Use a grater coactively
- Use a peeler coactively

- With prompting, set correct number of chairs at table

Home Management

Students are able to clean various areas when prompted. They begin to sort items for recycling.

- Appropriately empty bin
- When prompted replace bin liner
- Distinguish between clean and dirty dishes
- Show correct placement of dirty dishes
- When prompted use a cloth to clean benches
- When prompted use a dustpan and brush to clean floors
- When prompted remove plates from eating area, scrape off leftovers appropriately
- When prompted can sort recyclable and non-recyclable items

Personal Care

Students anticipate familiar self care routines and carry them out with minimal prompts. They are beginning to understand personal privacy.

- Anticipates the need for sunscreen and hat and carries out with minimal prompts
- Take off own clothing when unfastened
- When prompted put on own clothes without fastenings
- Demonstrates an awareness of the need for privacy for self care routines
- With minimal prompt, can wipe self after toileting
- Co-operates with menstrual routines
- Identify persons in the community who provide us with medical care

Recreation, Leisure and Community Access

Students are able to independently negotiate their way around the school. They are becoming more familiar with the local area and are beginning to demonstrate appropriate behaviours in the community.

- With minimal support, participate in routine excursions to familiar parks and shopping centres in their local area
- Locate frequently used areas of the school
- With prompting, participate in directed play during set leisure times
- With full supervision, participate in safe pedestrian activities within familiar location
- With full support, behaves appropriately according to the setting
- With full support, is able to queue for an activity
- With full support, cope with a group or crowd situation
- With full support, behaves appropriately in lifts, elevators and ramps

Safety & First Aid

Students begin to anticipate personal safety needs.

- Anticipate personal safety needs in familiar situations with verbal prompts
- Exit building following emergency alarm

- Recognise that eating some substances can be harmful
- Tell a parent/ adult where he/she is going
- Recognise hot and cold taps

Shopping and Budgeting

Students have a more active role in shopping. They are learning about exchanging money for goods.

- Refrain from unnecessarily touching items on shelves
- Carry a shopping bag or basket
- Identify various shops and what they sell
- With prompt, refer to a pictorial shopping list to select goods
- Locate checkout
- Place items on counter and use counter dividers
- Understand that money can be exchanged for goods

Travel Training

Students identify types of transport. They are learning about behaving appropriately when using different forms of transport.

- Name pictures of types of public transport
- With prompting, behave appropriately in public areas
- With assistance, fasten seat belt
- Recognise key traffic symbols

Work Related Skills

Students are developing skills in making work choices based on their interests and abilities.

- Able to list own abilities and aptitudes
- Attends to instructions given by supervisor
- Follows basic safety instructions
- Complete two-step task
- Care for own belongings
- Successfully change tasks
- With prompting able to name tools/equipment

Stage Seven

Healthy Eating & Food Preparation

Students name and use utensils more independently.

- Spread foods with various toppings
- Use a grater
- Pour drink into cup/glass
- With assistance, pour hot water

- Ask appropriately for food/utensils
- Respond appropriately to request for food/ utensils

Home Management

Students begin to develop laundry skills. They can clean up their own eating area. They begin to explore pet ownership.

- When prompted distinguish between clean and dirty clothes
- When prompted place dirty clothes in laundry basket
- Clean up own eating area after eating
- When prompted put recyclable items in correct receptacle
- When prompted dry and put away dishes
- Replace bin liner
- Identify a range of pets suitable for a home environment

Personal Care

Students, with minimal supervision, anticipate and complete familiar self care routines.

- When thirsty gets own drink
- Manage morning tea and lunch
- Take off and put on own clothing including simple fastenings
- When prompted, removes used sanitary aide
- With full supervision, able to identify what is and isn't medication
- Can wipe self after toileting

Recreation, Leisure and Community Access

Students are beginning to explore and participate appropriately in leisure options in their local community. They extend their interactions with others.

- Able to move around the school for a range of specific purpose e.g. message to specific person
- With prompting be able to identify leisure options in their local community
- With full support, experience and explore living in other environments
- With prompting, participate in interactive play during set leisure times
- With prompting, seek others to pursue activities with
- While being shadowed, participate as a pedestrian within a familiar environment
- With minimal support, operate audio/ visual equipment
- With minimal support, able to safely use leisure equipment
- With minimal support, behave appropriately according to the setting

Safety & First Aid

Students are able to identify and avoid dangers to their personal safety.

- Recognise people who keep us safe
- Identify an emergency situation and the need to seek help
- When prompted perform basic first aid skills

- When prompted anticipate the need for and implement sun protection procedures
- Knows to avoid the dangers of
 - electrical appliances
 - sharp knives
 - hot/boiling water
 - cooking on stovetop
 - oil in cooking
 - handling hot items
 - handling broken glass
 - hot tap water
 - steam
 - syringes
- Know the need for supervision for some activities such as, when swimming and crossing the road

Shopping and Budgeting

Students begin to make choices about what they purchase.

- Locate needed items on shelves
- When prompted ask for required goods over the counter
- Know how to keep money safe
- When prompted, tender cash money in exchange for goods
- Queue at checkout in appropriate manner
- With assistance, wheel a trolley appropriately

Travel Training

Students explore what types of transport are available in their local community.

- Name and explore different types of public transport in the community
- Experience both public and private transport
- Understand the concept of basic road rules.
- Behave appropriately on school buses
- Fasten seatbelt

Work Related Skills

Students are learning about different occupations and the importance of appropriate interaction in the work place.

- Awareness of different occupations
- Complete three-step task
- Greet/converse with supervisors appropriately
- Greet/converse with co-workers appropriately
- With prompting work well in a team situation

Stage Eight

Healthy Eating & Food Preparation

Students are beginning to understand the need to clean up after eating. They can identify some healthy and unhealthy foods.

- Eat food using the appropriate cutlery
- Clear plates / cutlery from the table in an appropriate manner
- Identify foods to be washed before eating
- Use a peeler
- Chop or cut using a knife
- With assistance use a hand held electric mixer
- Identify healthy foods
- Identify unhealthy foods
- Demonstrate correct storage location for foods

Home Management

Students are prompted to clean. They name and safely store cleaning products. They understand basic pet care.

- Dry and put away dishes
- When prompted wash dishes
- When prompted tidy areas of the house
- When prompted use broom to sweep floors
- Name common cleaning products
- Show awareness of potentially dangerous products
- Know what and when to feed a pet

Personal Care

Students independently, anticipate and complete familiar self-care routines. They begin to identify the roles of medical personnel.

- Anticipate and complete familiar self care routines – face washing
- Anticipate and complete familiar self care routines – hand washing
- Anticipate and complete familiar self care routines – teeth cleaning
- Anticipate and complete familiar self care routines – hair brushing
- Anticipate and complete familiar self care routines – nose wiping
- Anticipate and complete familiar self care routines – toileting
- Applies sun screen and hat
- When prompted applies sanitary aid
- When prompted, identify specific roles of people who provide medical care
- Identifies appropriate toilet for gender

Recreation, Leisure and Community Access

Students require less support to participate appropriately in leisure activities. They are beginning to identify the elements required to plan an activity.

- With prompting, is able to identify equipment, clothing, location, cost and transport needs for various local leisure options
- With minimal support, experience and explore living in other environments
- Able to demonstrate appropriate social skills by sharing equipment and taking in turns
- With prompting, able to identify the effect of weather upon possible leisure options
- With minimal support, is able to queue for an activity
- With minimal support, cope with a group or crowd situation
- With minimal support, behaves appropriately in lifts, elevators and ramps

Safety & First Aid

Students are able to identify and begin to manage dangers in their environment.

- Know how to dial an emergency number
- Know who to approach if lost
- Know that adults make decisions regarding safety rules, and seek assistance when needed e.g. from parent / teacher
- Recognise a safe place to cross the road
- Recognise safe places when swimming
- Recognise that they only accept medication from specified adults
- Know and communicate their name and the town in which they live
- Be able to name a trusted person other than a family member
- Treats a cut or wound by cleaning and applying a bandaid
- Understand the concept of
 - hot
 - do not touch
 - Danger
 - Poison
 - Inflammable
 - sharp
 - Fire
 - Deep Water
 - Slippery
 - Beware
 - Stop

Shopping and Budgeting

Students understand they can gain assistance by interacting with shop staff. They are beginning to show preferences for particular items.

- Ask for required goods over the counter
- Tender cash money in exchange for goods
- Make selections from range of similar goods
- With prompting, able to approach shop staff for assistance
- Wheel a trolley appropriately

Travel Training

Students begin to understand the process to follow to undertake a journey on public transport in their local area.

- Behave appropriately in public areas
- Name familiar destinations that could be reached by public transport
- Name parts of a public transport vehicle e.g. door, ticketing machine
- Verbalise name of own hometown / suburb
- Understand that vehicles usually have right of way over pedestrians
- Participates in guided pedestrian activities
- Behave appropriately on public transport journeys

Work Related Skills

Students are beginning to look at the skills and tools/equipment required for different jobs. They identify potential dangers in the workplace.

- Show awareness of different skills needed for different occupations
- Show awareness that specific tools/equipment are required for different tasks
- Identify potentially unsafe situations and actions
- Identify break times – morning tea, lunch
- Maintains, quality, quantity and pace in work tasks
- Able to receive and relay messages

Stage Nine**Healthy Eating & Food Preparation**

Students are extending their use of kitchen appliances. With prompting they are able to prepare simple uncooked meals and drinks. They know the importance of cleanliness.

- With assistance slice using knife
- Strain foods
- Show initiative in cleaning up spills
- With prompting prepare a simple uncooked snack or meal
- Toast using sandwich press or toaster
- Heat food in microwave
- Open cans with assistance using a manual can opener
- Make a cold drink
- Set table with placemat, knife & fork
- Identify the basic food groups
- Demonstrate need for cleanliness in all food preparation

Home Management

Students are developing their laundry skills. They understand correct recycling procedures.

- Locate common cleaning products
- When prompted use common cleaning products appropriately
- When prompted place items in the washing machine, add powder and turn on machine
- When prompted peg clothes on line
- When prompted use a duster to clean
- Know the importance of keeping a pet and their environment clean
- Put recyclable items in correct receptacle

Personal Care

With prompts, students attempt more complex self care routines.

- When prompted correctly answer direct questions concerning the importance of the following self care routines, face, hand washing, teeth cleaning, hair brushing, nose wiping and toileting.
- Demonstrates understanding of the need for privacy for self care routines.
- Demonstrates an understanding of the need to wear appropriate clothing for familiar activities and situations.
- Attempt with prompt self care routines – shower
- Attempt with prompt self care routines – hair washing
- Attempt with prompt self care routines – shaving
- Attempt with prompt self care routine – menstruation
- Attempt with prompt self care routines – nail care
- Attempt with prompt self care routine – skin care

Recreation, Leisure and Community Access

Students are able to independently explore and participate appropriately in leisure options in their local community.

- Able to identify leisure options in their local community.
- Able to identify equipment, clothing, location, cost and transport needs for various local leisure options.
- Listen to and follow rules of specific games and activities.
- Operate audio/ visual equipment
- Able to use leisure equipment.
- Behave appropriately according to the setting.
- Queue for an activity.
- Cope with a group or crowd situation.
- Behave appropriately in lifts, elevators and ramps.
- Participate as a pedestrian in a familiar street environment.

Safety & First Aid

Students are able to identify and manage dangers in their environment. They are beginning to understand medication and its purpose.

- Recognise that laws and rules keep us safe
- Understand not to accept food or rides from anyone other than family or close friend

- Say when they don't feel safe
- Identify potential safety risks in the home, school and the community
- Recognise commonly used medicines and their uses
- Know that an adult must supervise/ administer medications, to ensure correct medications and dosages
- Recognise that some practices/ substances are harmful

Shopping and Budgeting

Students are beginning to understand the connection between money and spending.

- Able to approach shop staff for assistance
- With prompting, locate various areas in store
- With prompting, tender cash money in dollar coins to \$10 by rounding up
- With prompting, identify all of the things on which you may spend money
- With prompting, name basic food items on a weekly shopping list

Travel Training

Students learn about a variety of safety aspects when using public and private transport. They communicate with a variety of people to gain information for travel.

- Understand that seatbelt laws increase passenger safety
- Recognise boarding / alighting points in public transport network
- Be mindful of vehicles when accessing shared pathways
- Verbalise own address
- Locate points of entry / exit on a given type of public transport
- Understand the purpose of a timetable
- Use a mobile or pay telephone to call parent / carer or school
- Communicate road user rules
- Understands where to ask for directions
- Understand that public transport is provided at a cost.
- Understand the need to carry a purse, wallet or bag when travelling

Work Related Skills

Students are becoming more independent workers. They are learning to co-operate with others in the workplace.

- Work well in a supervised situation
- Follow work routines and rules
- Work well in team situation
- Understand the need to respect all decisions made by supervisors
- Respect co-workers

Stage Ten

Healthy Eating & Food Preparation

Students prepare a simple uncooked meal. They are learning to set up the eating area. They are using more complex kitchen equipment.

- Prepare a simple, uncooked snack or meal
- Identify spoiled food
- Pour hot water from kettle safely
- Prepare and pack a lunch box lunch
- Describe the importance of food to the body
- Open cans with a manual can opener
- Set a table for a 2 or 3 course meal

Home Management

Students are prompted to complete a variety of tasks in various areas of the house.

Students when prompted:

- Rinse and stack dishes
- Can load and run dish washer
- Use a mop to clean floors
- Remove sheets from bed
- Sort laundry
- Load and run clothes dryer
- Iron some items
- Clean basin and bath
- Change a light-bulb
- Locate battery compartment of appliance
- Identify correct battery size
- Insert batteries correctly

Personal Care

Students attempt familiar, more complex self care routines when requested.

- Answer direct questions concerning the importance of the following self care routines, face, hand washing, teeth cleaning, hair brushing, nose wiping and toileting
- Attempt familiar self care routines when requested – shower
- Attempt familiar self care routines when requested – hair washing
- Attempt familiar self care routines when requested – shaving
- Attempt familiar self care routines when requested – menstruation
- Attempt familiar self care routines when requested – nail care
- Attempt familiar self care routines when requested – skin care

Recreation, Leisure and Community Access

Students are able to make some choices about their leisure options. They are beginning to plan activities within the school environment. They are refining their communication skills.

- With prompting, begin to make choices about their leisure time and options
- Respects the umpire and/ or decisions made during games and activities
- With support, plan a leisure activity within the school environment
- With support, identify public conveniences
- Participate as a safe pedestrian in unfamiliar locations
- Seek others with whom to pursue activities
- With full support, ask a community member for assistance

Safety & First Aid

Students are becoming more independent at managing environmental dangers.

- Able to communicate their address
- Recognise situations, advances or suggestions that threaten their safety or well - being
- Show awareness of the potential dangers of leaving open drink containers unattended
- Recognise and avoid the dangers of some animals

Shopping and Budgeting

Students continue to explore various shops. They begin to understand the importance of planning before purchase. They are beginning to handle money.

- Locate various areas in store
- With prompting, locate various shops and what they sell
- With prompting, locate the cost of items on shelves
- Know where to get cash money
- Tender cash money in dollar coins to \$10 by rounding up
- Copy a shopping list of required ingredients for a recipe

Travel Training

Students know familiar routes and arrival times. They are learning about emergency procedures. Students know that they need to pay for public transport.

- Engage seat belt, if fitted, on a public transport vehicle
- Anticipate arrival at prescribed destination
- Recognise emergency procedure systems on public transport vehicles and networks
- Verbalise own home telephone number
- Identifies a public transport route to and from school
- Participates in unsupervised pedestrian activities
- Carry sufficient money for public transport journey
- Understand the need to keep personal belongings safe

Work Related Skills

Students have the skills required to complete tasks with minimal supervision. They are beginning to use their initiative.

- Work well in a marginally supervised situation
- Able to list own work interests
- Able to list a variety of jobs within own capabilities
- Demonstrate a positive attitude to work
- Show initiative and transition from one task to the next

Stage Eleven

Healthy Eating & Food Preparation

Students are able to prepare food in a logical sequence. They can use a microwave to prepare simple meals. They continue to master the use of more complex kitchen equipment.

- Carry out work/tasks in a logical sequence
- Show awareness of the areas of the healthy food plate
- Estimate cooking times for microwave
- Cook simple meals and snacks in microwave
- Show awareness that thawed foods cannot be refrozen
- Use a hand held blender
- With supervision use a food processor
- Demonstrate correct handling and use of appropriate cutlery for specific courses
- Use proper manners and eating behaviour at all times

Home Management

Students complete a variety of tasks in various areas of the house.

- Rinse and stack dishes
- Load and operate dish washer
- Use a mop to clean floors
- Remove sheets from bed
- Set up sink for washing dishes
- Sort laundry
- Load and operate washing machine
- Select appropriate washing cycle on machine
- Peg clothes on clothes line
- Clean load and run clothes dryer
- Fold linen and clothing
- Hang clothes on hangers
- Knows how to keep a pet and the importance of keeping their environment clean

Personal Care

Students, with minimal supervision, anticipate and complete familiar, more complex self care routines. They begin to manage their own clothing.

- When prompted, makes an attempt to choose appropriate clothing on various occasions

- Identify specific roles of people who provide medical care
- Use deodorant appropriately
- Display understanding of clean and dirty by changing outer clothing when necessary
- With minimal supervision identify what is and isn't a medicine

Recreation, Leisure and Community Access

Students know what is available in their local area and make appropriate choices about how to spend their leisure time.

- Safely use equipment in the local community
- With prompting, able to identify the effect of time upon possible leisure options
- Choose an appropriate leisure option in the local community
- Locate public conveniences in the local community
- With minimal support, ask a community member for assistance

Safety & First Aid

Students are beginning to be able to safely use a variety of household equipment.

- Know not to accept food or rides from anyone unless well known or prearranged
- Show correct procedure for inserting and removing electric plugs from power points
- Demonstrate awareness of danger of inserting foreign objects into power sockets / appliances
- Demonstrate awareness of danger of water on plugs and electrical appliances
- With supervision, demonstrate correct method of handling, cleaning and storing knives
- Identifies and uses some basic first aid equipment
- Regulate hot and cold taps

Shopping and Budgeting

Students are becoming more independent in planning and carrying out their shopping requirements.

- Able to write a shopping list for a simple recipe
- Name basic food items on a weekly shopping list
- Locate various shops and what they sell
- With prompting, locate required items
- With prompting, list personal clothing requirements

Travel Training

Students begin to develop an awareness of maps and timetables.

- Demonstrate an awareness of road user rules
- Understand that public transport runs to a timetable
- Locate own street on a town map or a street directory
- Tender money for a given trip
- Able to list items to take on a specific trip such as money, lunch etc
- Locate information on a simple travel timetable

- Memorise the telephone number of a local taxi company

Work Related Skills

Students develop their understanding of safety and workplace symbols and signs.

- Show awareness of relevant safety factors
- Recognise workplace symbols and signs
- Show awareness of the need for acceptable hygiene practices in the workplace
- Able to seek out help, from appropriate people, for clarification

Stage Twelve

Healthy Eating & Food Preparation

Students follow a simple recipe independently. They safely use electrical appliances. They can demonstrate correct food storage methods. They can identify information on food packaging.

- Identify foods suitable for various meals
- Follow a simple recipe independently
- Operate minute timer
- Demonstrate awareness of correct usage of dials on electrical appliances
- Prepare simple meals in an electric frypan
- Cook using a griller
- Boil a pot of water on top of stove
- Identify ways in which food may spoil
- Show awareness of “Best Before” and “Use By” dates
- Show awareness of nutritional information on food packaging
- Show awareness of ingredients list on food packaging
- Demonstrate correct method of storage for foods e.g. air tight container, plastic wrap, foil

Home Management

Students complete a variety of more complex tasks in various areas of the house.

- Set up ironing board
- Clean and program clothes dryer.
- Wash pots and pans
- Store kitchen equipment in correct places
- Clean sink area
- Make the bed
- Able to hang clothes in wardrobe
- Able to arrange clothes in drawers/shelves
- Store footwear appropriately
- Use a duster to clean
- Clean basin and bath
- change a light bulb

- locate battery compartment of appliance
- Identify correct battery size
- Insert batteries correctly

Personal Care

Students anticipate and complete more complex self-care routines.

- Anticipate and complete self care routines – showering
- Anticipate and complete self care routines – hair care
- Anticipate and complete familiar self care routines – shaving
- Anticipate and complete familiar self care routines – menstruation
- Anticipate and complete familiar self care routines – nail care
- Anticipate and complete familiar self care routines- skin care
- Understand the need to change underwear daily

Recreation, Leisure and Community Access

Students begin to extend their use of planning skills to wider community options.

- With full support, plan and participate in a leisure activity in the local community
- Use the media and ICT to locate details of a variety of social outings
- With full support, able to operate vending machines, e.g. pool table, drink machine
- With full support, pay for entry and present tickets, follow directions to seat, sits quietly during performance, applauds where appropriate and exits facility where appropriate
- Ask a community member for assistance

Safety & First Aid

Students are able to make emergency phone calls and follow safety rules.

- Aware of medications to treat pain.
- Able to communicate own phone number
- Be able to make emergency phone calls to 000
- Participate in regular exercise
- Follow water/ swimming safety rules
- Follow road safety rules
- Follow safety rules when bike riding

Shopping and Budgeting

Students are beginning to become aware of some basic consumer skills. With prompting they are able to access their own financial information electronically.

- Understand the concept of good and poor quality
- Locate the cost of items on shelves
- Identify all of the things on which you may spend money
- Understand concept of income

- Shop independently for basic food items for a weekly shopping list
- With prompts, make selections for appropriate clothing items
- With prompts able to withdraw and check balances at an ATM
- With prompts able to access EFTPOS/credit card machine at checkout

Travel Training

Students understand and follow the correct process to undertake a journey on public transport in their local area.

- Tender exact money for a given trip
- Use a telephone to request a taxi
- Locate information on a simple public transport timetable
- Verbalise mobile telephone number of a parent / carer
- Identify key landmarks at start, finish and during a travel journey
- Choose the appropriate mode of public transport for journey

Work Related Skills

Students are becoming skilled at using equipment and tools safely. They undertake appropriate WHS training.

- Correctly use equipment/tools
- Demonstrate safety aspects when using equipment/tools
- Undertake appropriate WHS training
- Able to keep a workplace journal
- Able to listen, respond and act upon feedback from supervisor

Stage Thirteen

Healthy Eating & Food Preparation

Students can identify the relationship between food and health. They become more competent in using more complex appliances

- Identify the relationship between food and health e.g. tooth decay, skin conditions, energy Stages, general well being, weight
- Know the prescribed daily allowances from different food groups e.g. Healthy Food Plate
- Identify foods suitable for various occasions
- Operate gas & electric oven
- Show understanding of oven temperature terms e.g. slow, moderate, hot etc.
- Grill meats using griller
- Operate electric coils on stove
- Light gas jets using matches or an igniter
- Use a food processor

Home Management

Students are performing more complex laundry and cleaning skills. They begin to explore garden maintenance skills.

- Able to read and understand clothing labels eg warm iron, do not tumble dry
- Identifies and dresses in appropriate clothing
- When prompted use a vacuum cleaner
- When prompted clean shower recess and toilet
- Know when to change towels, face washers, bathmats
- Show awareness of need to keep supply of soap, toilet paper
- Plug in the iron
- Knows how often and/or best time to water garden and plants
- Collects equipment necessary for mowing the lawn
- With supervision mows in a straight line

Personal Care

Students begin to identify and explore the use of various toiletries and cosmetics.

- Identify different toiletries and their purposes
- Attempt to apply basic cosmetics
- Select appropriate clothing for a given occasion
- With prompting correctly answer direct questions concerning the importance of the following self care routines, showering, hair care, shaving, menstruation, nail care and skin care
- Able to indicate to familiar adults their personal medicine routine

Recreation, Leisure and Community Access

With minimal support, students are using their planning skills to access a wider range of community options. They are supported to implement their plans.

- With minimal support, plan and participate in a leisure activity in the local community
- With minimal support, able to operate vending machines, e.g. pool table, drink machine
- With minimal support, pay for entry and present tickets, follow directions to seat, sits quietly during performance, applauds where appropriate and exits facility where appropriate
- With full support, book a venue
- With full support, find the cost of an activity

Safety & First Aid

Students are able to safely use a variety of household equipment. Students understand medication and its purpose. Students are aware of personal health matters.

- Correct management of:
 - electrical appliances
 - sharp knives
 - hot/boiling water
 - cooking on stovetop

- oil in cooking
 - handling hot items
 - handling broken glass
 - hot tap water
 - dangerous animals
- Identify and access people who can provide assistance in a familiar environment
 - Reports faulty plugs/tools/equipment
 - Follows fire procedures
 - Practises the safe use of medications
 - Be aware of good personal health habits
 - Use caution when at home alone
 - Able to lock and unlock doors

Shopping and Budgeting

Students are beginning to manage money and know where it comes from. They are able to shop independently for basic requirements, including household items and clothing.

- Able to write a shopping list for some basic household requirements
- Understand the concept of paying various bills/ accounts
- Understand the concept of pension
- Understand the concept of “Volunteer Work”
- Know own clothing sizes
- Try on clothing in store
- Shop independently for clothing items
- Identify faulty goods

Travel Training

Students are learning more about purchasing and payment for travel. They are able to plan and take a short trip.

- Request concession pricing on public transport
- Use a vending machine to purchase a public transport ticket
- Check that money change returned is correct
- Locate information on a published public transport timetable
- Plan and execute a single stage trip on public transport
- Able to pack a bag with items required for a day trip
- Execute a plan of action if lost in the community

Work Related Skills

Students are becoming aware of appropriate clothing for the workplace. They refine their knowledge of WHS and are becoming more independent in the workplace.

- Demonstrate knowledge that clothes project an image, e.g. wearing smart clothes for work experience
- Complete recognised WHS course

- Know some jobs require special clothing to keep them safe
- Report unsafe practices/tools/equipment
- Work well in an unsupervised situation
- Identify when a mistake occurs
- Maintain/care for own equipment/work area
- Store equipment in correct locations
- Able to fill in simple forms

Stage Fourteen

Healthy Eating & Food Preparation

Students are able to plan, prepare and serve a one course meal.

- Follow a published recipe
- Pour hot liquids from a saucepan safely
- Write a shopping list of basic pantry items.
- Plan and prepare a one course lunch or dinner
- Serve a variety of foods appropriately
- Present food in an attractive manner

Home Management

Students have mastered most home management skills.

- Identify different processes for laundering; hand washing, dry cleaning, machine washing
- Use a vacuum cleaner
- Demonstrate correct hand wash procedure for underwear and woollens
- Demonstrate ability to clean machine after use
- Identify proper ironing temperatures for common fabrics
- Select correct setting on iron
- Knows when a pet needs a vet
- Turns off mower

Personal Care

Students can perform self-care routines and use toiletries and cosmetics. They can select appropriate clothing.

- Indicate when/where different toiletries and their purposes
- Answer direct questions concerning the importance of the following self care routines, showering, hair care, shaving, menstruation, nail care and skin care
- Able to indicate when a hair cut is needed
- Identify own skin type
- Select appropriate clothing for all occasions

Recreation, Leisure and Community Access

Students are now looking beyond the local community to plan and participate in leisure options.

- Plan and participate in a leisure activity in the local community
- With full support, plan a leisure activity in an environment outside their local community
- With minimal support, book a venue
- With minimal support find the cost of an activity

Safety & First Aid

Students are able to apply basic first aid and care for others. Students are aware of people who can assist with their safety.

- Identify and access people in the community who can provide assistance
- Treats a severe cut or wound by, applying pressure to stop bleeding and bandage
- With supervision takes medication for pain
- Identify the need to help when another person is ill

Shopping and Budgeting

Students develop higher level money management skills.

- Understand the concept of a “Sale” or “Special”
- Understand the concept of “lay-by”
- Tender correct amounts in coins and notes
- Able to read information on a docket
- Able to check change
- List regular expenses eg electricity, rent, phone, food
- Understand the concept of “savings”
- Understand the concept of “interest”
- Understand the concept of and implications for borrowing/ lending money
- Show an awareness that items can be purchased online

Travel Training

Students expand their ability to undertake travel to less familiar destinations.

- Know that the cost of public transport is mainly based upon the distance travelled
- Locate given street in a street directory, online directory or G.P.S
- Determine the time taken for a public transport trip
- Plan and execute a two-stage trip on public transport
- Able to pack a bag for an overnight trip
- Understand that concession pricing is available on public transport

Work Related Skills

Students function independently in the workplace. They are aware of acceptable behaviour in the workplace and their responsibility to assist others.

- Give a job description of their chosen area of work
- Is flexible in attitude to different types of work

- Appropriately offer assistance to co-workers
- Can name businesses that help us look for work e.g. Pioneer Employment
- Is able to follow the workplace code of conduct
- Recognise and report workplace bullying and sexual harassment
- Able to fill in more complex forms that require more information

Stage Fifteen

Healthy Eating & Food Preparation

Students are able to plan nutritious meals. They make healthy food choices and can understand information on food labels appropriately.

- Understand “Best Before” and “Use By” dates
- Understand nutritional information on food packaging
- Understand ingredients list on food packaging
- Know the nutritional benefits of eating specific foods
- Plan and prepare a nutritious two course lunch or dinner
- Plan nutritious meals for one day
- Plan nutritious meals for one week
- Make healthy choices when selecting from a menu
- Eat a meal using proper etiquette

Home Management

Students are competent home managers.

- Iron complex items
- Clean shower recess and toilet
- Able to perform simple mending sew on a button, sew a hem
- Show awareness of need to rid the home of pests
- Locate stains and apply stain remover
- Removes empties and reattaches mower catcher
- Adjusts throttle appropriately whilst mowing
- Turns on mower
- Turns off fuel tap on mower
- Matches appropriate fuel to type of motor on mower
- Once mower cools down, hose off carefully and washes out catcher
- Stores fuel appropriately
- Shows awareness of council regulations regarding the keeping of pets

Personal Care

Students can present themselves appropriately for any given occasion.

- Recognise own hair type and condition and that it changes over time
- Present self in clean, pressed clothing for any given occasion

- Apply cosmetics appropriate to situations
- Aware of dates of menstrual cycle
- Able to make appointments for personal care needs
- Select colour co-ordinated clothes for self
- Select clothing to suit own build, physical features and lifestyle
- Choose and buy own clothes with support
- Select appropriate accessories for clothes
- Understand need for regular dental and medical checkups

Recreation, Leisure and Community Access

Students can independently manage their own leisure time effectively.

- Display an understanding of a scoring system for a chosen sport
- Able to operate vending machines, e.g. pool table, drink machine
- Book a venue
- Cost an activity
- Pay for entry and present tickets, follow directions to seat, sits quietly during performance, applauds where appropriate and exits facility where appropriate
- Travel and stay overnight in an unfamiliar town/suburb accessing two or more local activities

Safety & First Aid

Students are able to independently manage a broad range of safety issues and take preventative measures as required.

- Operates a variety of locks
- Follows doctor's recommendations
- Show awareness of skills required to self-administer prescribed medication
- Completes a basic first aid course
- Observes and takes action to prevent injury
- Understands need to maintain basic supply of first aid equipment
- Uses procedures to prevent cross infection
- Show awareness of skills required to care for an ill family member
- Show awareness of skills required to extinguish a small fire

Shopping and Budgeting

Students' money management skills enable them to function independently in the consumer world.

- Understand the concept of value for money
- Understand the concept of "guarantee"
- Understand the concept of "warranty"
- Understand the process of returning faulty and unwanted goods
- Understand the need to keep receipts
- Understand the concept of "Interest Free Terms" and possible pitfalls
- Understand the concept of a credit and debit card

- Understand the concept of direct debit
- Able to withdraw and check balances at an ATM
- Able to access EFTPOS/credit card machine at checkout
- Read and understand an invoice or account
- Understand the concept of fixed and variable expenses
- Know how and where to pay household accounts
- Write and adhere to a personal weekly budget
- Be able to compare income and expenditure
- Access self scanning registers
- Show awareness of the benefits of bulk buying.
- Show an awareness of the strategies required to resist impulse buying.
- Show an awareness of security measures necessary to complete online purchasing

Travel Training

Students are able to plan and execute a complex trip independently. They may begin to study for their Learner's Permit.

- Plan and execute a three-stage trip on public transport
- Able to pack a bag for an extended trip
- Calculate arrival and departure times when public transport is not running to time
- Demonstrate wide knowledge of road user rules
- Understand that different types of public transport incur differing costs
- Acquire knowledge of road user rules through an informed source e.g. Qld.Roads website

Work Related Skills

Students are aware of the process involved in applying for and gaining employment that is appropriate to themselves.

- Set up own work area without prompting
- Can seek out government payments while looking for work
- Show initiative in a team situation show awareness of skills or educational standards required for specific jobs/careers
- Able to seek out employment via newspaper, telephone, internet etc.
- Aware of procedures to enquire about a job via phone and written application
- Able to complete a variety of job application forms
- Is aware of availability of chosen occupation
- Is aware of options for post school placement
- Show awareness of information and records which would be required at a job interview
- Identify appropriate dress for an interview
- Prepare a list of questions they may wish to ask about a job
- Able to perform adequately in a mock interview
- Self evaluate own performance
- Know that they may need to lodge a tax return under certain circumstances