Tasks of everyday life and routines related to independent living, such as eating, dressing, grooming, chores, scheduling, and organization.

Critical skills to socialize, communicate wants and needs, and develop and maintain friendships.

Engagement in the community for service, play and leisure, work, socialization, and shopping.

Knowledge and actions that support healthy living and security, such as nutritious diets, active lifestyles, and safe choices.

Skills related to making choices, setting goals, assuming responsibility, and driving how one’s own life is lived.

Skills critical for volunteering, job attainment, and maintaining a job, such as sequencing work tasks, following directions, and utilizing technology.